THE SATURDAY EVENING POST

JAN 16 1990

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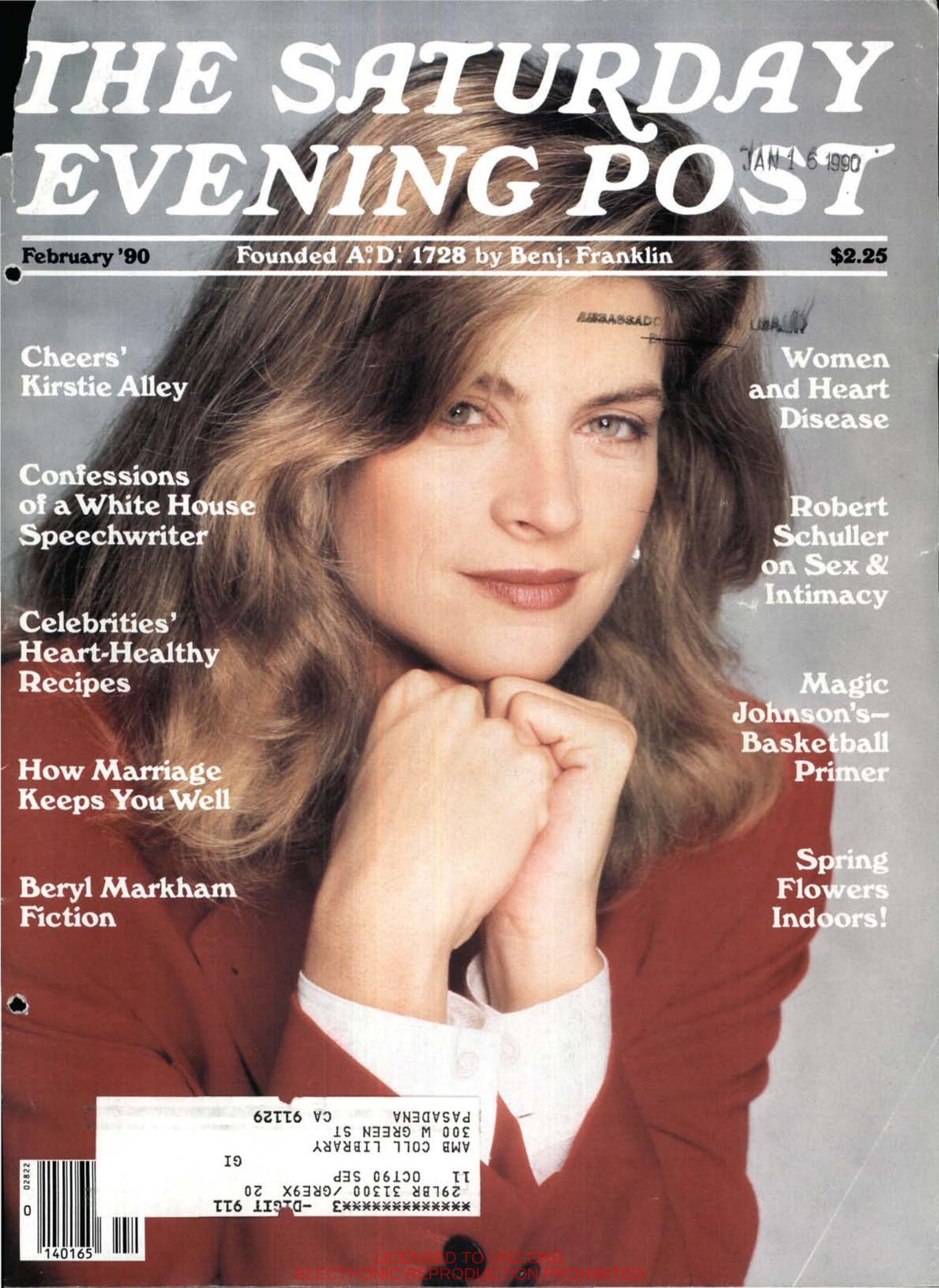

Cheers' Kirstie Alley

Confessions of a White House Speechwriter

Celebrities' Heart-Healthy Recipes

How Marriage Keeps You Well

Beryl Markham Fiction

Women and Heart Disease

Robert Schuller on Sex & Intimacy

Magic Johnson's— Basketball Primer

Spring Flowers Indoors!

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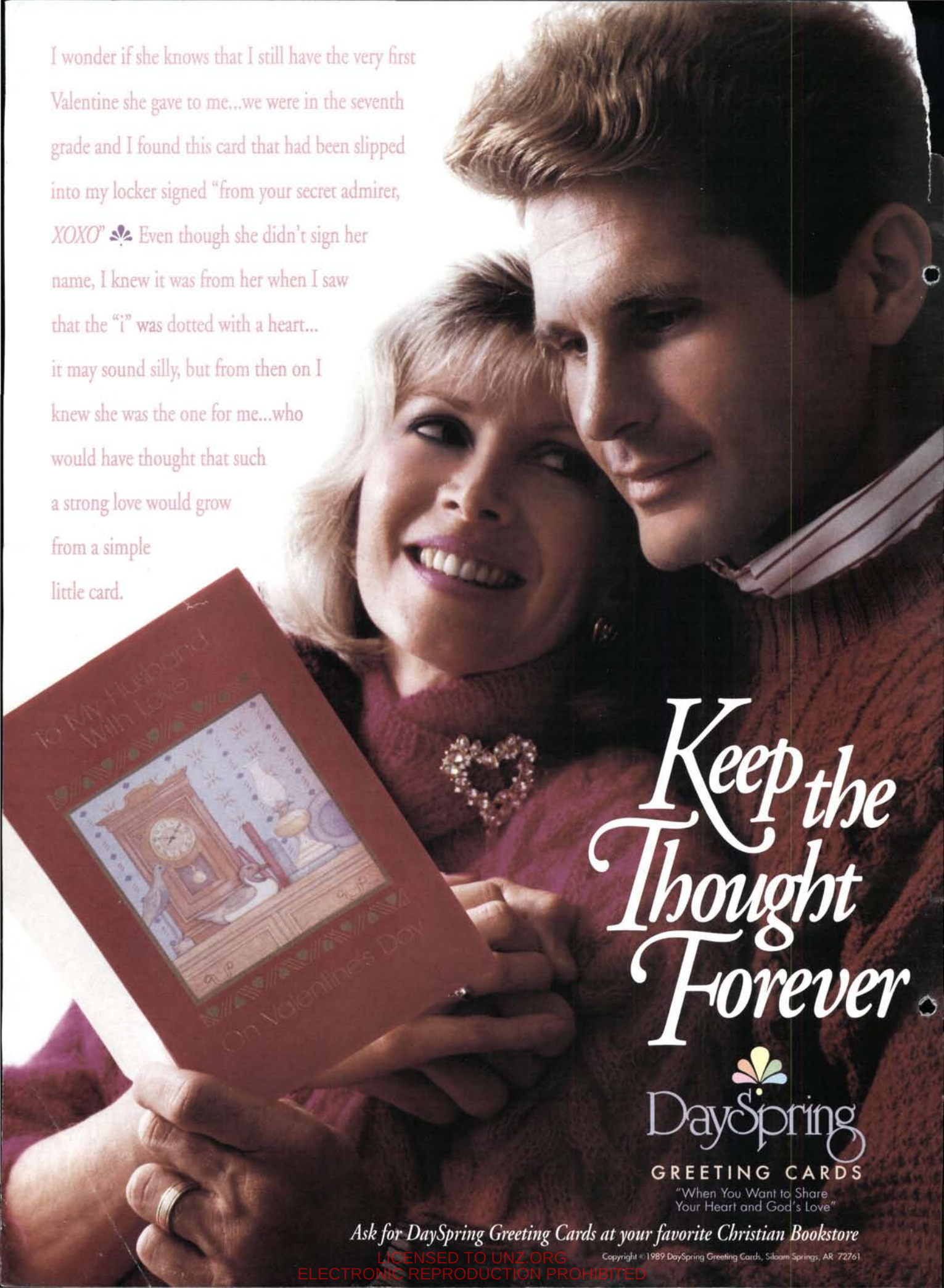
I wonder if she knows that I still have the very first Valentine she gave to me...we were in the seventh grade and I found this card that had been slipped into my locker signed "from your secret admirer, XOXO" Even though she didn't sign her name, I knew it was from her when I saw that the "i" was dotted with a heart... it may sound silly, but from then on I knew she was the one for me...who would have thought that such a strong love would grow from a simple little card.
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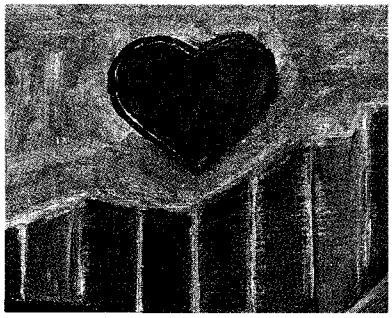
Kirstie Alley—has come out of Kansas to star in "Cheers." **42**



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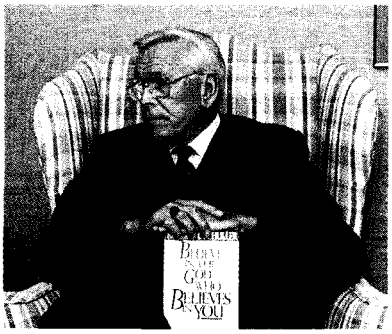

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(Cover photo by Timothy White)

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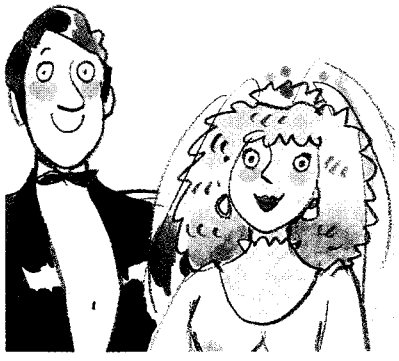
Reagan's Speechwriter Peggy Noonan Tells All—in her new book, *What I Saw at the Revolution.* **58**



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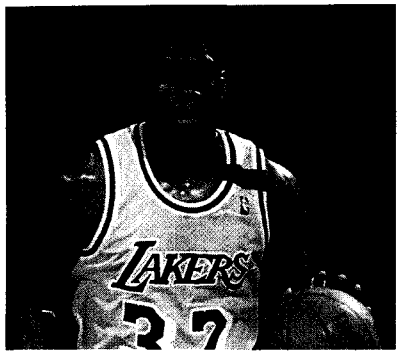

Basketball's Earvin "Magic" Johnson—explains how fans can stay a step ahead of the game. **70**

Letters

Chilling Questions

I read with interest the excellent article on frozen embryos by James Lieber. The ethical, sociological, and legal questions involved in embryo freezing are far from resolved. Another problem which was not delved into greatly but which concerns me as director of an in vitro fertilization program is: What am I going to do with all of these frozen embryos? Some of them are three years old. Should I take these parents to court to force them to receive the embryos? Do I have the ethical right to destroy them or give them to someone else? Or will I still be sitting on these embryos in 30 years when I retire?

William Isaac Cooper, M.D.
Christian Fertility Institute
Easton, Pennsylvania

Nest of Quayles

I thought it might be of some interest to your other readers that the name "Quayle" is indigenous to the Isle of Man, and over here we are very proud that the Vice President of the United States is of Manx ancestry.

The then-Senator Dan Quayle visited our Manx Parliament of Tynwald a few years ago when it celebrated over 1,000 years of continuous government, the world's oldest parliament.

There is a particular interest in our family, as my wife's maiden name is Quayle. The name Quirk is also of ancient origin, having been traced back to the 13th century.

We wish the Vice President a great future. Perhaps some day we will hear "Enter the Chief" played for him!

Gordon Quirk
Isle of Man, U.K.

A Tug for Tugboat Annie

As a current subscriber and as a subscriber for years while the old *Post* was published, I want to express my appreciation for giving new life to my old favorite.

A suggestion that I hope you will adopt if at all possible: "Tugboat Annie" stories. Can you republish any of them?

My whole family used to wait in great anticipation for the issues containing those stories, and the stories were read aloud by my father. Though old, they were so superb that even

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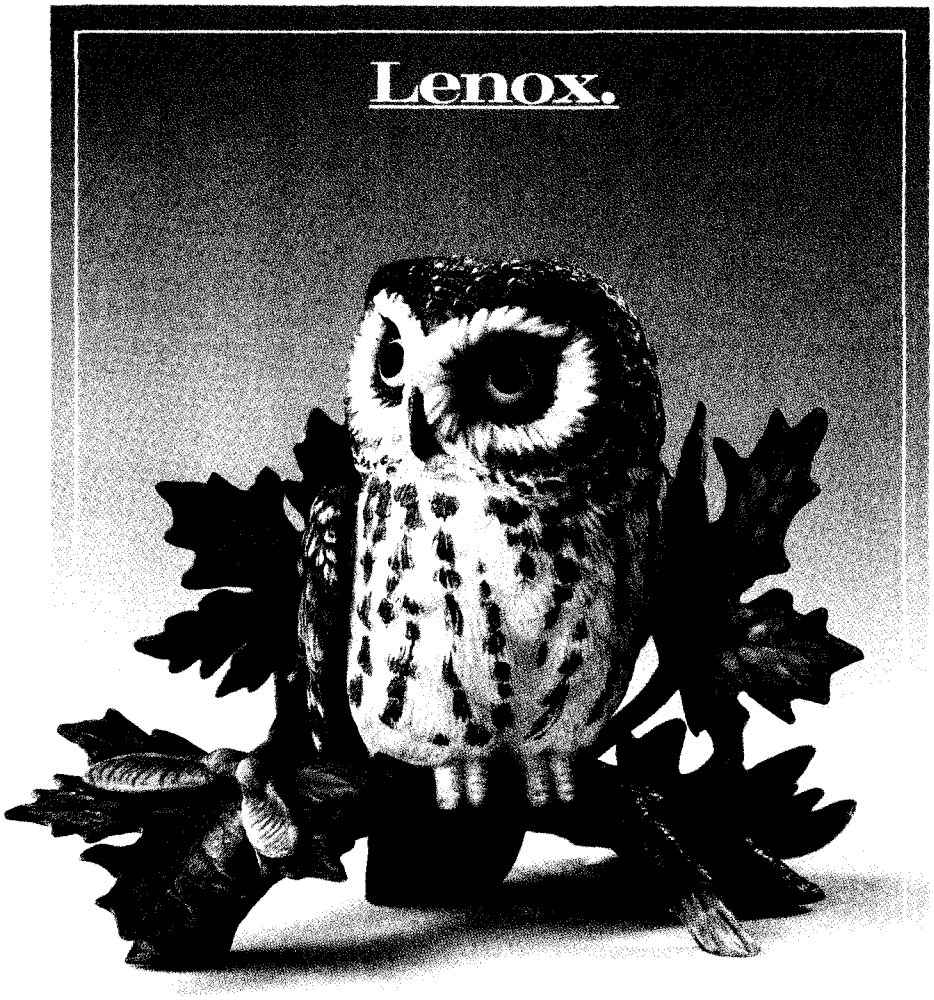

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There he is! His big, luminous eyes gazing out at the world in friendly curiosity from the branches of a maple tree.

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Richard B. Higgins
Aptos, California

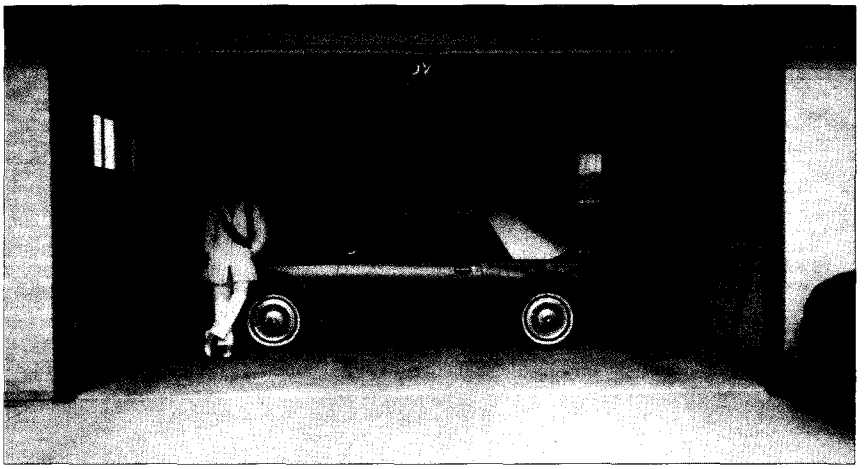
Separation of Church and Chief

In reply to Daniel R. Peterson's criticism [Oct. '89] of President Reagan for avoiding church services, remember it was after Reagan had been the target of a gun-carrying maniac in a crowd in which one of his aides and dear friends was crippled while guarding him that the President stopped attending church services.

Security measures require prior extensive inspection of the premises when any president attends that church. At this time the security team added guards on the roof of the one-story entry into the church, giving them a clear view of the parking lots and entrance to the church grounds from the street. Not long after the shooting, one of the guns was accidentally fired as worshipers were entering the church. The Reagans then decided church members should not feel in danger when attending services and should not be so distracted; thus they ceased attending public services.

However, at times the President arranged a service for his staff at Camp David when they met there for a working weekend. Often when the Reagans vacationed at their California home, they attended church there.

Muriel A. Dryden
Waterloo, Iowa



"Time flies—my youngest daughter just got her driver's license."

She Did It First

On page 35 of your October 1989 issue of *The Saturday Evening Post*, you showed the enclosed cartoon. I laughed when I saw it because it brought to mind an identical real-life incident that happened at our house when our daughter parked my car in our garage sideways. My husband had teased her once about "taking her half out of the middle" when she parked in the driveway. Just to prove to her dad she could park anywhere, she proceeded to park my car in the garage as shown in the pictures enclosed. (As usual, Mom was having an awfully good time behind the camera. I have snaps of every move she made. She's good—it went smooth as silk!)

By the way, is this a case of plagiarism? Our incident occurred in February 1987—long before your cartoon appeared!

Mary Jane Baran
Holland, Michigan

No Glutton for Gluten

I recently ran across a letter in your April '89 issue concerning a reader looking for a recipe for wheat-free bread. I am curious to find out if the reader (Lorena M. Gardenhire) is allergic to wheat alone or all/some gluten-containing products.

As you probably state in your "Wheat Allergies" article, many cereal grains contain gluten, but only wheat, rye, oats, and barley contain gliadin. Therefore, I am wondering if the reader is allergic to these other gliadin-containing grains.

I am enclosing some recipes that are both wheat and corn free. In addition, I am sending some information on a product, Xanthum gum, which can be used in yeast bread recipes, such as the ones enclosed.

I would enjoy discussing wheat allergies and/or other dietary restrictions with this reader. If you have any information regarding her address, please forward it to me.

Janet M. Harles, L.R.D.
Devils Lake, North Dakota

Reverse Going Forward

This is a thank-you for your article "Reversing Heart Disease," which I read in your October 1989 issue. It was just fascinating. I am sure that reading it will induce many people to change their lifestyle and will save many lives.

Esther R. Mechler
Trumbull, Connecticut

The Spirit Is Willing, But . . .

[Re: the Nov./Dec. '89 article "Transplants in Demand"]

The numerous articles printed lately regarding transplants usually concern the *need* for more organ donors. How

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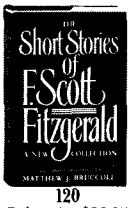

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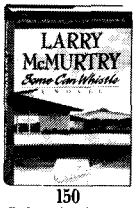

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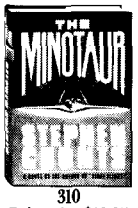

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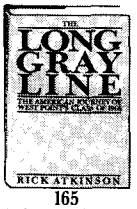

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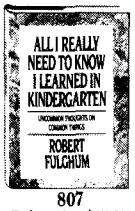

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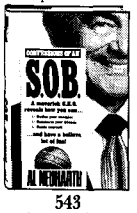

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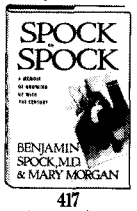

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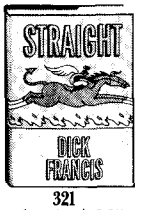

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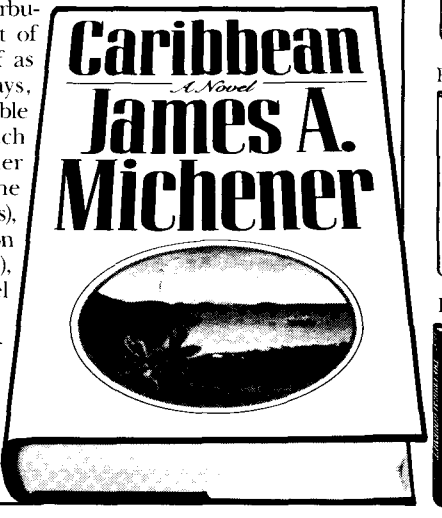
So pick up the master storyteller's latest adventure. It's like taking a colorful Caribbean cruise—in a time machine.



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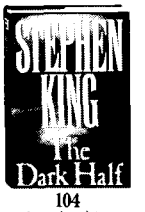

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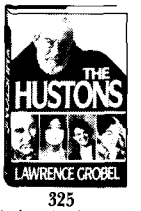

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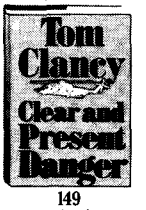

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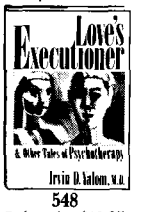

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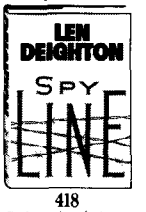

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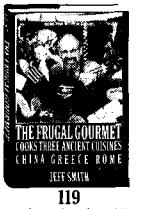

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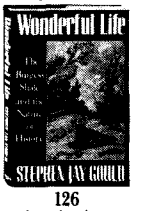

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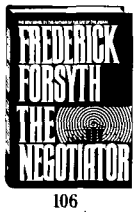

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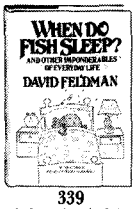

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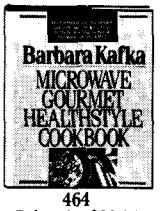

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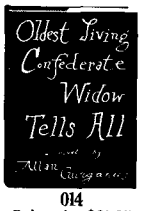

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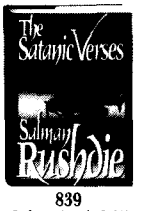

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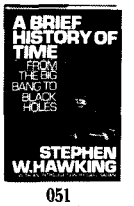

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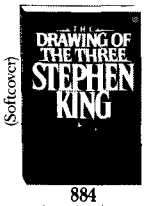

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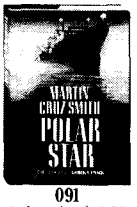

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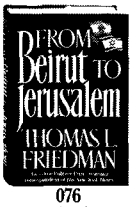

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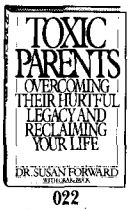

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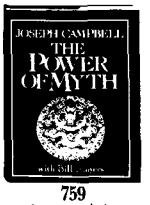

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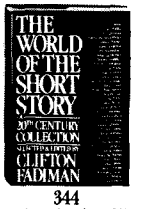

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about printing separate explanations on specific limitations, or requirements, surrounding the circumstances involved in successful harvesting of each of the major organs?

I am a 65-year-old R.N. who has never drunk or smoked, am particular about my diet, and am in excellent health. For years I've been an enthusiastic prospective donor and have permits on file with my family doctor and funeral director.

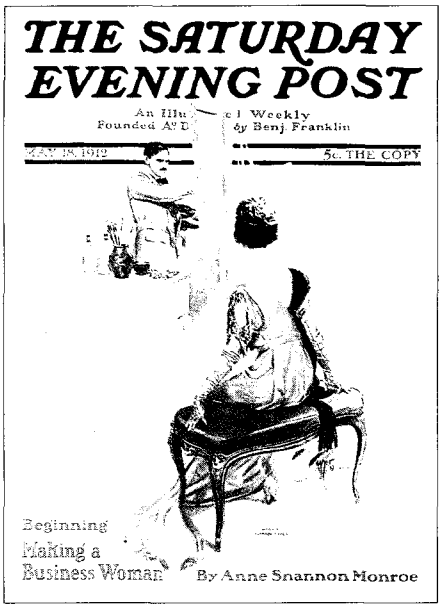
Several months ago I heard on radio that donors, for the most part, have to be under 50 years of age. I immediately called the 900 number on my donor card, and this was verified—with the exception of corneas. The spokeswoman added that for major organs, lungs, heart, liver, etc., it was necessary the donor be on life support at the time of death before organs were usable. I was not aware of this.

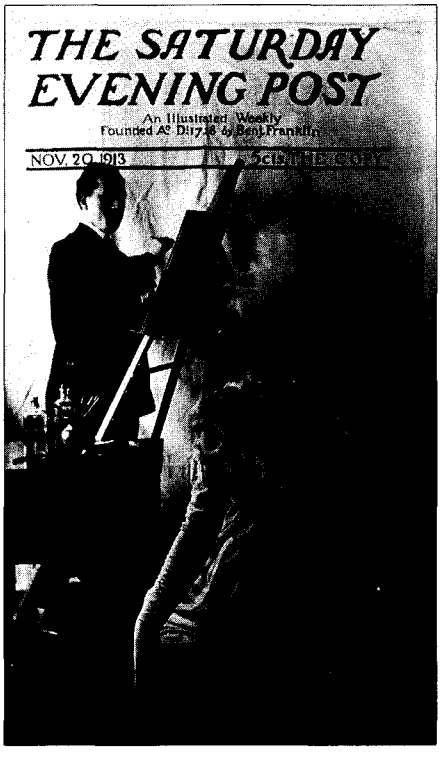
I suspect there are numerous healthy and willing, but older, donors out there as confused as I am who would welcome this information.

Fran Jones, R.N.
Athens, Texas

Old *Posts* Never Die

In going over some old papers, etc., I came across these photos and thought perhaps you might be interested in them.





The history as follows: For a church social my father and mother put on a show using 12 *Saturday Evening Post* covers in tableau form. My father made the background so the dates are all the same—but the year was current. My mother did the staging. The two enclosed are the only ones that have survived the years.

These tableaux were done for a social at the First Baptist Church in Tarrytown, New York, where old John D. Rockefeller, Sr., attended most every Sunday, coming from his home in Pocantico Hills.

An amusing story: When our minister had a son born, John D. was delighted and handed me a nickel and a penny on his way out of church. Upon coming home that day I told my mother, "The richest man in the world gave me this money and told me to save it." I was five years old. Mother said he must have felt poor that day, as he usually gave out dimes. My mother saved the six cents along with a clipping about it from our local newspaper and many years later gave them to the Tarrytown Historical Society.

Incidentally, I taught Rockwell's two sons ballroom dancing in New York in the early 1950s.

Helen Thorn Beneshan
Palm Harbor, Florida

Preventing Heart Attacks

I enjoyed the article "Reversing Heart Disease" in the October issue. Unfortunately, the reported cost of a PETscan machine was inaccurate. PETscan equipment and facility together cost approximately $2 million.

The article failed to mention that images of actual scan results shown in the article are those of a patient from our Memorial PETscan Center here in Jacksonville, Florida.

Again, I enjoyed the article very much. Our cardiologists firmly believe in the preventive aspects of cardiac medicine with an emphasis on diet and lifestyle. The physicians and Memorial Medical Center of Jacksonville use PETscan for early detection of heart disease to help prevent heart attacks. Using PETscan, cardiologists can treat you before you have a heart attack instead of after you have a heart attack.

Patrick B. Thatcher
Memorial PETscan Center
Jacksonville, Florida

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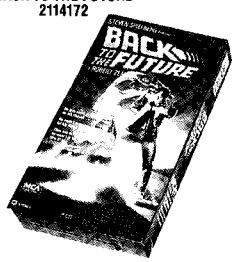

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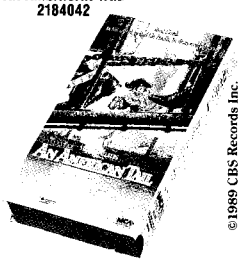

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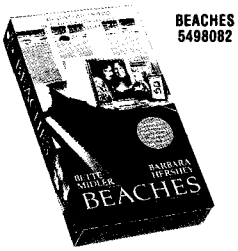

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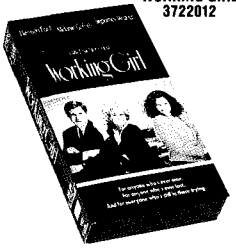

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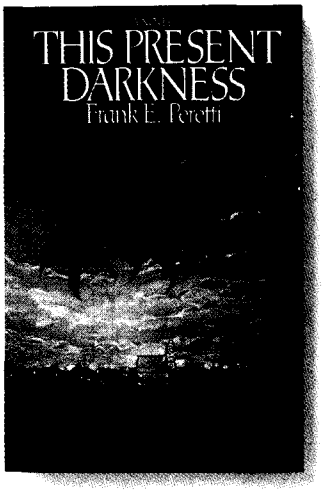

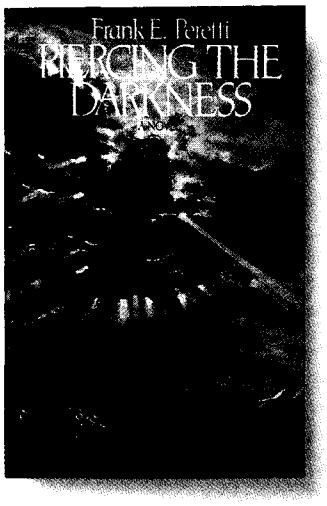

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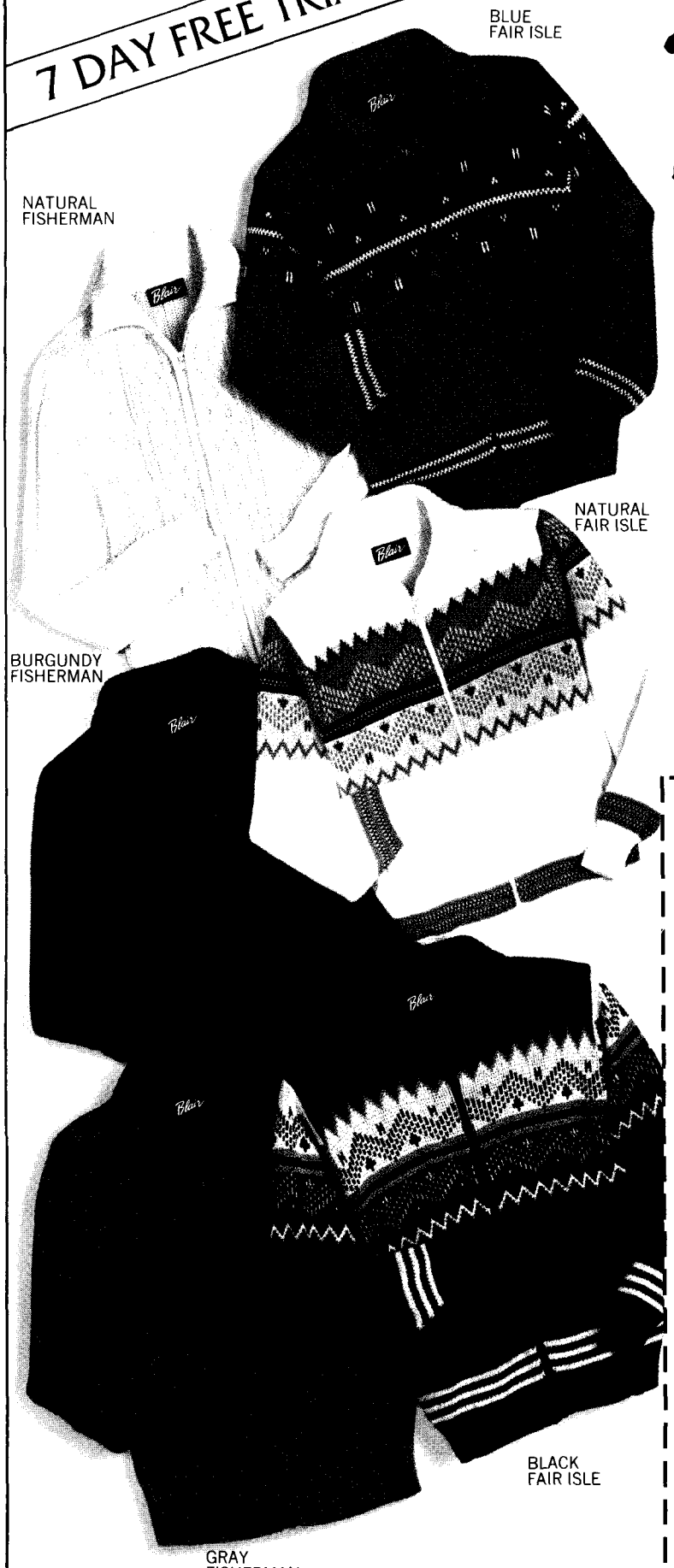

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HIGH FIBER FOR DIABETICS

Diet is playing an increasing role in the prevention and treatment of this predominantly Western disease.

Nearly 20 years as a medical doctor in East Africa left Dr. Denis Burkitt totally convinced of the health benefits of a high-fiber diet. He had been a general surgeon in remote areas of several African nations from 1948 to 1966. After returning to his native England, he saw many health problems that didn't exist in Africa. It was then that he began to reflect on these obvious disparities.

Gallstone surgeries in Africa? Dr. Burkitt removed only two gallbladders in all of his years as a surgeon in that country. One was from an African queen—who could afford the luxury of a diet of imported rich delicacies.

Colon cancer? Dr. Burkitt can remember only twice operating for this affliction, so common in Europe and America.

Diverticulitis? Never heard of it.

Hiatus hernia? Dr. Burkitt commented, "A friend of mine who, for eight years, was the only thoracic surgeon for a population of 6 million people never found a single case of hiatus hernia in an African."

Heart attacks? Virtually unknown.

"I believe that fiber protects against all these diseases," Dr. Burkitt explained. "Of course, a high-fat diet with smoking would be an important risk factor in things like coronary heart disease. But fiber, we believe, is protective in some measure against them all."

We brought up the topic of diabetes to Dr. Burkitt. He was well-prepared: "Everyone used to say, 'Oh, diabetes is due to genetics. You can get mice to all have diabetes.' Yes, there is a genetic element, but the genes only cause the disease in a certain environment. We can alter our environment, but we can't alter our genes.

"As an example of this, there's a little island in the Pacific, way out east of Borneo, called Nauru. The queen [of Britain] visited it a few years ago, so it came up on our television. We happen to know, fortunately, that in the early 1950s there was hardly any diabetes here, as in the other Pacific islands. And incidentally, you see, no wild animal ever gets diabetes. Hunter-gatherer populations don't get diabetes. This disease is one of the first diseases that comes after you begin the clever Western diet.

"Now came the discovery that this island was covered with phosphates from bird droppings over several thousand years, and phosphates sell for a lot of money as they make very good fertilizers. So they virtually scraped the top off the island and sold it. Got so much money that today they are the second wealthiest people in the world [$34,000 a year per person] after the Arabs in the Middle East.

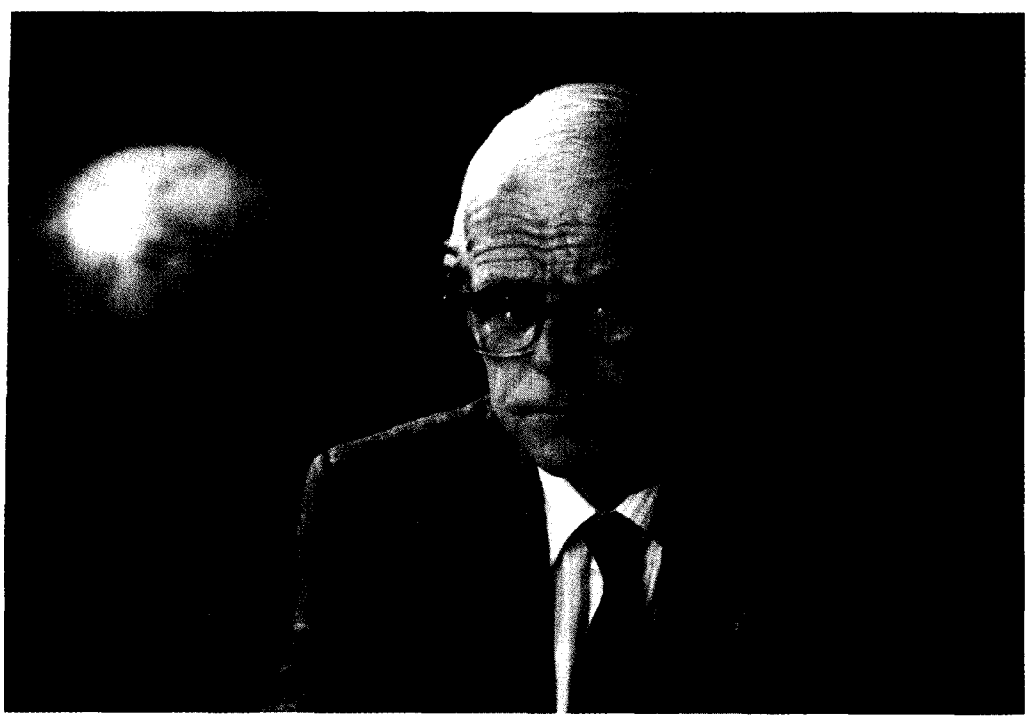
"So they said, 'See what clever guys those are in the United States. They've got television, and they've got hi-fi radios, and they've got motorcars. Surely, they must be the cleverest people on earth. Therefore, they must know what to eat. And if we follow their eating habits, we'll be great people too.'

"So they gave up eating the island food they had traditionally adopted. And instead they began importing hamburgers, cola drinks, French fries, and what have you.

"Now, 20 years or so later, over 40 percent of the entire population of Nauru over the age of 20, male and female, are diabetics," Dr. Burkitt commented.

"That's just one example to show they have plunged within one generation into an environment to which they are not adapted. They're learning obesity, they'll get their gallstones and their coronary heart disease within 30 years, and people might say to them, 'Well, you aren't adapted; let's wait until you adapt.' But that might take another 10,000 years, so it's not going to help any of them.

"We, ourselves, have changed our lifestyle more in the last 150 years than almost throughout our life history," Dr. Burkitt continued. "And if only one would go back a bit in history. I don't mean giving up all its food technology—it is all good—but in general proportion of food, going back to what Americans did in the second half of the last century, before they even learned about coronary heart disease, diverticular disease, bowel cancer, and all of those problems. I



Dr. Denis Burkitt's observation of the diets of rural Africans and their relationship to diseases led him to conclude that fiber is necessary to human health.

continued on page 109

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THE KNEAD IS GREAT

The on-site massage may not replace the coffee break, but this balm to stressed-out employees is rapidly infiltrating corporate America.

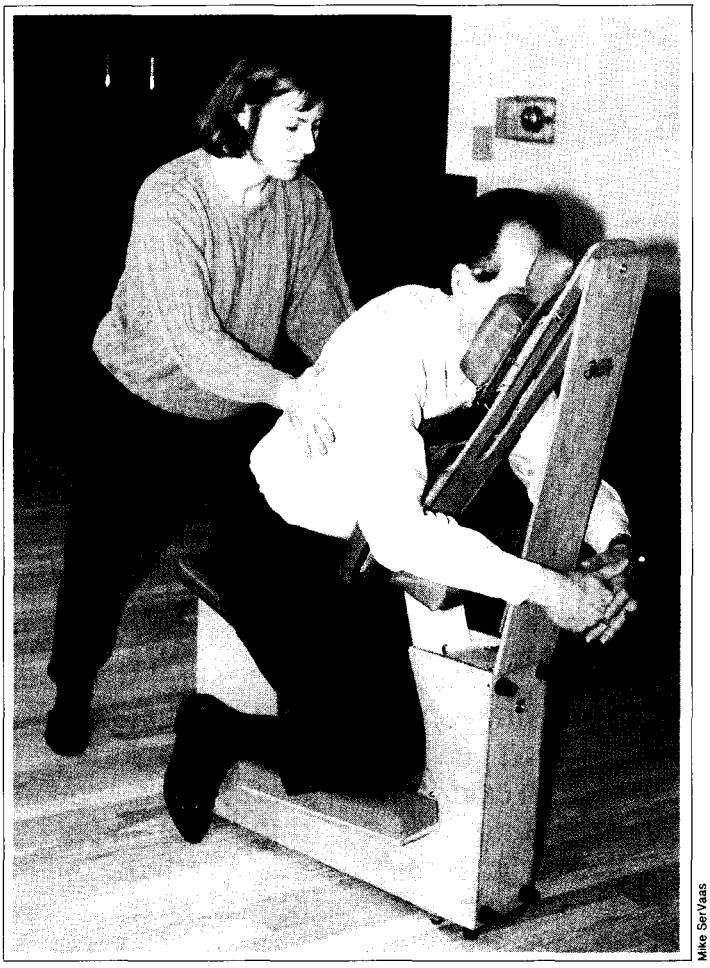
by James S. Hirsch

Debora Foster takes off her necklace, settles on a padded chair, and gently leans forward. With a jazz-piano tape playing softly in the background, the soothing hands of Sabina Vidunas begin to work on Foster's neck and shoulders.

"It's like an oasis in this room," Foster purrs. She is in the directors' lounge of H. J. Heinz Co., 60 floors above the bustle of Pittsburgh. There, amid oil paintings and marble tables, massages are administered every Wednesday.

"On days that I'm really busy," says Foster, who works in public relations for the company, "it seems decadent to take time off for a massage."

Although such sessions may never replace coffee breaks, on-site massage is infiltrating corporate America. In some companies, middle managers sneak massage therapists into the office, fearful that upper-level executives won't approve.



Mike SerVaas

Ahhh! There's the rub. Judy Terfler, a massage therapist, gives an on-site chair demonstration for a *SatEvePost* employee.

Not What You Might Think

Foster's indulgence is nothing like the oily, hour-long "rubfests" enjoyed by spa visitors. Nor does it all resemble—despite what some executives think—the more intimate variety offered at specialty parlors in bad parts of town. On the contrary, office rubdowns usually take place in dimly lighted conference rooms, where stressed-out employees relax in specially designed chairs, fully clothed. The massages last 15 minutes and typically cost about $10.

Some companies, including Heinz, even pay part of the fee. Vidunas has been seeing some 15 clients a visit since the program was started at Heinz last year. Anthony J. F. O'Reilly, the company's chairman, swears by her firm touch, saying regular massages are a balm for his old football injuries.

Massage advocates say that kneading the head, shoulders, neck, and back can go a long way toward easing tension and improving morale. They also insist that touching is a basic need, as powerful as the need for food or sleep, and that the office is as good a place as any to do it.

"The blood flows to your head, you feel lightheaded, and you don't feel tension around the head or neck," says Minnie Morey, a supervisor at the Social Security office in Grand Rapids, Michigan, where massages began last month. "When you leave the room after your massage, people say you look like you're glowing." Adds Candice Ohlman, the 35-year-old masseuse who plies her trade in the Grand Rapids office, "They fall in love with my hands."

Not everyone, however, is at ease with office massage. Three years ago, the Internal Revenue Service's office in San Jose, California, opened its doors to on-site massage. And even though employees paid the bill, the taxpayers grumbled.

"Sometimes, with the release of stress, you hear 'oohs' and 'ahs' coming out of the room," explains Morgan Banks, the agency's health specialist. "And you can't have taxpayers coming into an audit hearing 'oohs' and 'ahs.' "

Last month, the complaints intensified and the massages ended. "Now we're looking for a room with thicker walls," Banks says.

Massage also has an image problem to contend with. Some masseurs have tried to get around this by calling themselves "bodyworkers" and describing their office visits as "reinvigoration breaks." But massage, no matter how chaste, is still associated in many minds with seedy fronts for prostitution, and that makes some executives nervous.

Last year, the research and development division of Weyerhaeuser Company, the wood-products concern, invited a masseuse to its Tacoma, Washington, offices. Phil Harms, a software engineer, was an eager customer.

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"You build up a lot of tension working at a terminal all day," he says.

But after about eight months, the vice president of the division, Ed Soule, learned about the sessions and brought them to a halt. Soule's only beef was that the massages were being given in a company conference room; the department's supervised health facility would have been fine. "In my view, [massages] should be managed with an appropriate mixture of males and females around," he says.

Given such attitudes, some corporate masseurs go about their business quietly. Russell Borner of Park Ridge, New Jersey, says he has been working for the past year at a huge chemical and manufacturing concern in New York—unbeknown to the company's executives. He visits the same department every two or three weeks. His massage chair is kept in a closet, and a secretary escorts him past security.

"This is common with a lot of large companies," says Borner, who worked for American Telephone & Telegraph Company for 23 years before choosing his current trade. Managers, he contends, "are afraid of how they're going to look in the eyes of their peers. My vision is to change human consciousness towards touch. My attitude is: Let's come out of the closet."

Corporate Camouflage

Occasionally, all that's needed is a little coaxing. Elisa Byler, a St. Louis masseuse, won over officials at Emerson Electric Company, a maker of electrical and electronic equipment, by providing documents and other articles trumpeting the therapeutic benefits of massage. She notes that she also stresses professionalism during her weekly visits.

"I pull my hair back, wear a little makeup, and look corporate," says Byler, who has been visiting Emerson since January. "If I go in there as I normally dress, they'd ask, 'Who is this hippie?' "

The self-proclaimed father of on-site massage is David Palmer, a 41-year-old San Francisco masseur whose mission is to save the touch-starved masses. Palmer developed a portable massage chair three years ago that he hopes will bring "structured touching" into mainstream America.

Head, neck, and shoulder massage stimulates blood flow to the brain—the result, less tension and a feeling of well-being. Employers notice improved morale.

"The culture is not ready to take off its clothes, lie down, and be touched for an hour for $45," he says. "The idea is to keep the clothes on and to keep people seated. The chair is a way to package massage."

Sitting in one of Palmer's chairs, which cost $425 and have since been copied by others, is a bit like straddling a recliner. Customers lean forward, rest their knees on side supports and bury their face in padding on the back of the chair. (Ohlman, the Grand Rapids masseuse, says she has heard the contraption compared to something out of the Spanish Inquisition.)

Palmer, who serves as president of the On-Site Massage Association and writes an industry newsletter, says some 4,000 practitioners—out of about 50,000 certified masseurs across the country—now use massage chairs in the workplace, as well as on street corners, in airports and malls, and at conventions and other gatherings where weary people can be found.

Scot MacInnis, a masseur in Boulder, Colorado, had a scary experience while massaging a man in a natural-foods supermarket as part of a store promotion. Three minutes into the massage, the man curled up, began shaking, and turned red. Paramedics were called.

A week later, the man told MacInnis he had suffered a mild heart attack unrelated to the massage.

"It was a powerful point in my career," says the 31-year-old MacInnis, who has since taken out a $1 million liability policy for his business. "But he pulled through, and after the ambulance left, there were still six people in line waiting for a massage. The next woman was older, and I was afraid to touch her. But it's like falling off a horse and getting back on."

Despite the number of fans that office massage has won, some purists look down on it, arguing that naked, full-body rubs are the only way to go. Linda Aldridge, who does full-body work in Pittsburgh, says that although on-site massage is better than nothing, tired workers should realize it is only the tip of the iceberg.

"Whole areas of their bodies are neglected," she says, adding that clothes ruin the experience. "There's nothing like skin to skin."

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CHOLESTEROL COUNTERS

Looking for new dishes for festive occasions? Film and television stars give their favorite recipes for heart-healthy entertaining.

by Jay Christian

Celebrities of all ages are becoming more health conscious. The Post *queried the kitchens of several popular TV-celebrity cooks and asked them to share their favorite dishes and some of their thoughts about cooking.*

• • •

"I definitely like an old-fashioned, family atmosphere. I was raised in a family of nine children, and I have a lot of wonderful memories of my mother in the kitchen and the family all home together.

"I believe in cooking healthy. Since I was a child, my mother raised us kids to eat the natural way. I eat a lot of fruits and vegetables. I was raised that way and I live that way today.

"I like to eat mostly low-fat meals. I like chicken and fish. I eat very little red meat—it seems to give me a 'dragged down' feeling. I like low-fat foods because I feel lighter and am lighter.

"I like this particular recipe because it's easy to fix and low in fat and in calories. Also, it tastes great."

Marie Osmond's Vegetable Stuffed Mushrooms
(Makes 4 servings)

12 large mushrooms (about 1 pound)
1 tablespoon unsalted margarine
5 green onions, finely chopped
1 medium-sized celery stalk, chopped
1 small ripe tomato, cored and chopped
1/2 teaspoon dried marjoram, crumbled
1/8 teaspoon black pepper
1/2 cup soft white bread crumbs

Preheat oven to 400° F. Wipe mushrooms with damp cloth and twist off stems; set caps aside and mince stems. In heavy 10" skillet, melt margarine over moderate heat; add green onions, celery, and mushroom stems. Cook, uncovered, stirring often until vegetables are soft—about 5 minutes. Add tomato, marjoram, and pepper, and cook, covered, 5 minutes more. Stir in bread crumbs and then remove skillet from heat.

Spoon mixture into mushroom caps, mounding it up slightly. In lightly greased 13" x 9" x 2" baking pan, arrange mushrooms in single layer. Bake, uncovered, 20 minutes or until lightly browned.

• • •

"Cooking is especially important during the holidays, but it also is all year round. I have a home economics degree, and I learned how to cook the healthy way many, many years ago.

"I not only believe in eating low-fat foods, but I also believe it's important to eat well-rounded. Fruits, vegetables—a little of everything. Good nutrition is very important to good health.

"Cooking is one of the great joys of my life. I love to cook. It pleases me to be creative. I'm happy that I can share this recipe with *Saturday Evening Post* readers."

Joyce Brothers' Holiday Roasted Capon

2 medium-size capons
Canola oil
Sliced white bread
2-3 egg whites
Onions
Celery
Salt and pepper
Oregano
Vermouth

Preheat oven to 450° F. Place capons in roasting pan with a little Canola oil on the bottom. Toast bread (1 slice per person) in oven. Crumble toasted bread in small pieces into bowl. Add beaten egg whites. Sauté in fry pan with canola oil, onions (any amount desired), celery, dash of salt and pepper, and oregano. Sauté 5 minutes, drain oil from pan, and then pour contents into bowl. Mix all ingredients together. Stuff in capon. Take small cup of vermouth and brush capon well. Don't worry about the alcohol content; it will evaporate. The capon will become tasty and tender. Cook, uncovered, 1 hour. Baste with vermouth every 1/2 hour. Cook a little longer, if desired, and enjoy!

• • •

"Good cooking is part of a happy lifestyle, and I enjoy the effort. I think it's important to cook sensibly. Sure, it's easier just to grab something that

probably isn't any good for you, but to take the effort and to eat healthier is better in the long run. You get something back, and that is good health.

"I have always preferred natural foods. Like in this recipe, I've got

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potatoes—they are good food. I feel better physically when I'm eating good foods and healthy foods.

"I use this recipe because it is tasty and filling. Aside from that, it's healthy."

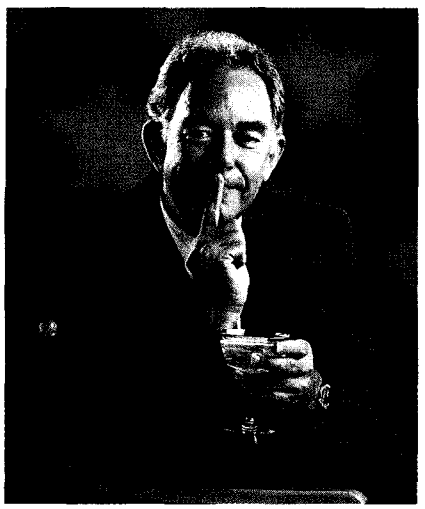
Michael Landon's Bread and Potato Stuffing
(Makes 10-12 servings)

1 cup chopped onions
2 cups chopped celery
Canola oil
2 loaves sliced white bread
6 large potatoes, boiled
Boiled giblets
Sage to taste
Black pepper to taste
2 whole eggs
2 egg whites
1 pound melted margarine

Sauté onions and celery in fry pan with canola oil. Toast both loaves of bread in oven a few minutes. Break slices in small pieces. Mash potatoes and add above ingredients to large bowl; include boiled giblets cut into small pieces. Combine all ingredients; add eggs and melted margarine last. Place mixture in uncooked turkey. Cook the usual cooking time.

• • •

"Cooking the healthy way and being aware of what you eat every day is important, and a balanced diet is also important. Eating lightly is not only healthier, but you're able to move around without feeling heavy.



"I believe it's important to eat the right foods. With all the hundreds of thousands of miles I travel each year, I'm on a plane a lot, so that means I have to make sure that I eat light foods that are low in fat. I feel better, and I have a lot of energy to work very long hours each day.

"This recipe [has] been a longtime family recipe of mine, and I wanted to share it with the readers."

Robin Leach's Really Rich and Expensive Chicken
(Makes 8 servings)

1 whole chicken, cut into parts
Black pepper, oregano, or your own favorite spices to taste
1/2 medium onion, sliced
1 bottle champagne
1 can baby peas
1 can baby carrots
1 can mushroom soup
1 can sliced potatoes or *1 pound sliced fresh potatoes*

Wash and dry chicken. Roll chicken parts with your favorite spices. Place sliced onions in deep-dish baking pan. Add dash of champagne on bottom of pan; then place chicken, peas, more herbs, and carrots over onions. Add dash more champagne on top of mixture; then smooth on mushroom soup over chicken and vegetables. Add sliced potatoes on top of mixture; then pour more champagne over that. Make sure you have enough champagne to level covering vegetables. (The alcohol in the champagne will be cooked off.) Place in lidded dish in oven and bake at 425° F. 1 hour. Remove lid and brown 15 minutes.

• • •

"To all the wonderful readers and people at *The Saturday Evening Post.* May all of you have a very happy and healthy 1990."

Elizabeth Taylor's Orange Soufflé
(Makes 4 servings)

4 oranges
3 tablespoons low-calorie margarine
5 tablespoons flour
Zest of 1 orange, grated
2 packets sugar
2 egg whites

Slice approximately 1" off tops of oranges and scoop out pulp; be careful to keep orange shells whole. Reserve shells. Press pulp through sieve to obtain juice. You will need about 1 cup of juice to complete recipe. In saucepan, melt margarine. Add flour and cook 1 minute; stir constantly. Remove from heat and add orange zest and orange juice. Return to heat and bring to very slow boil; stir constantly. Simmer 2 minutes. Stir in sugar to taste and remove from heat. Allow to cool. Whisk egg whites until stiff, and fold into cooled orange mixture.

If necessary, slice a thin layer off bottom of orange shells to allow them to stand. Pour orange mixture into shells; fill about 2/3 full. Place shells in roasting pan and bake in hot oven until soufflé rises and is well-browned. Just before serving, sprinkle tops of oranges with sugar.

• • •

"Bob and I are very diet and health conscious. We believe that if you overdo, then you'll pay the price. It's important to eat wisely to maintain good health. It's also important to be aware of your fat intake. We enjoy foods that are low in fat.

"When it comes to desserts, everyone naturally thinks about the high amount of fat and calories, but surprisingly, there are some great recipes that are both delicious and low in calories like this one I wanted to share with *Saturday Evening Post* readers. Try this recipe; I'm sure you'll like it."

Dolores Hope's Orange d'Lite

2 oranges
1 pint orange frozen yogurt
2 egg whites
2 tablespoons sugar
1 teaspoon grated orange peel

Cut oranges in half and remove pulp. Fill with frozen yogurt. Place in freezer at least 1 hour. In mixing bowl, add egg whites; beat until peaks form. Add sugar (a little at a time) and orange rind. Continue beating until meringue is stiff. Remove oranges from freezer and place approximately 1/2 cup meringue on top of each. Place each under preheated broiler about 1 minute and watch closely until lightly browned. Serve immediately.

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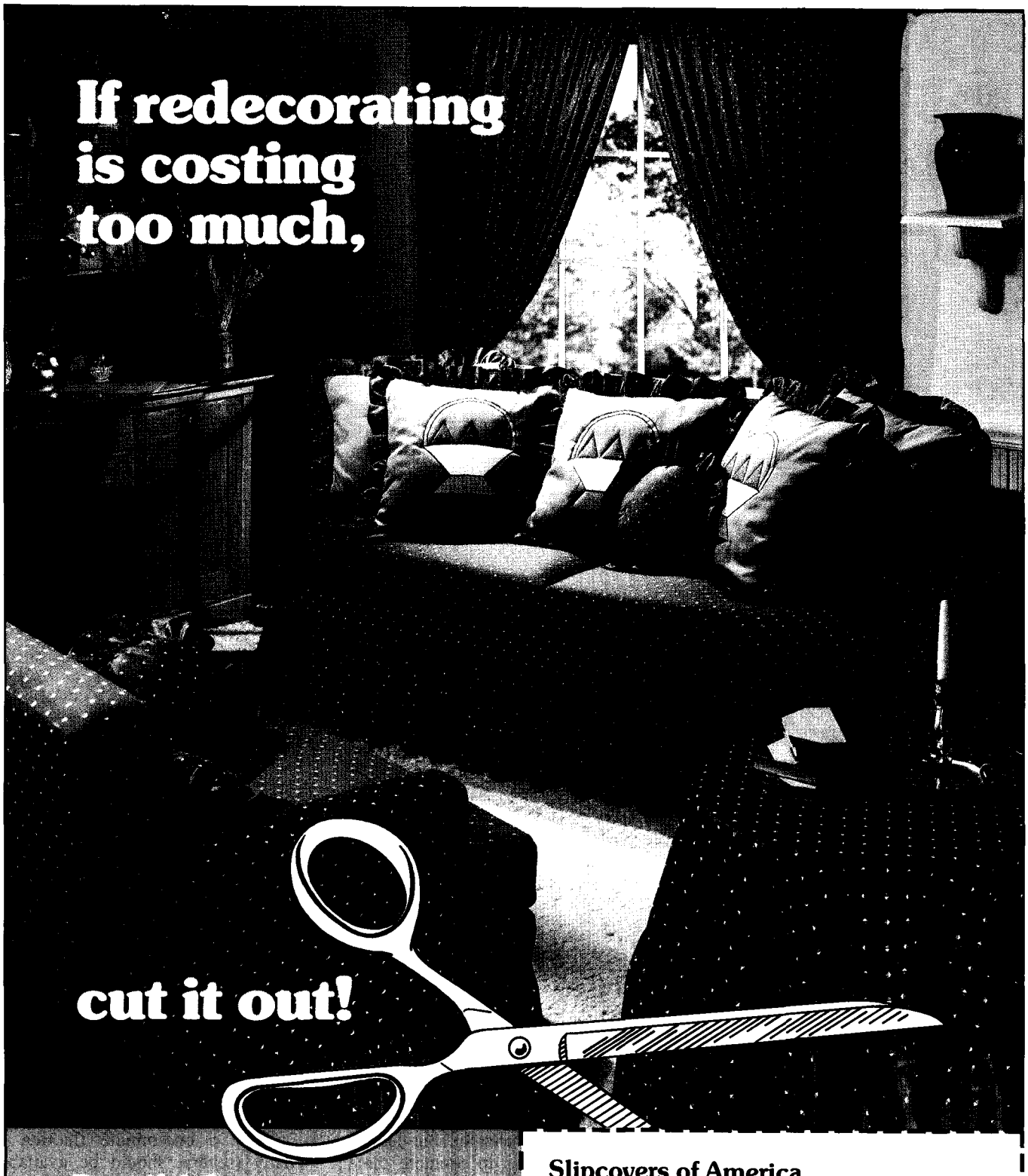

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FLUORIDE FOR ALL THE FAMILY

Did fluoride treatment come too late to benefit the root canal generation? Experts say not as long as you still have any of your natural teeth.

by Natalie Davis Spingarn

Illustrated by Marcus Hamilton

We are the "older adults," the prefluoride generation. Our parents may have no teeth at all; they often wear dentures and are, in the jargon of the dental profession, "edentulous." Our children, born in the 1940s and 1950s, have suffered dramatically less tooth decay than we have. Our grandchildren may never know the agony of toothaches, abscesses, or root canal treatment.

But what about our generation? Did water fluoridation and fluoride treatment come too late to help keep our older teeth intact?

No, the experts say. The good news is that you can benefit from fluoride no matter how old you are. In fact, you can benefit, said National Institute of Dental Research (NIDR) health educator Alice Horowitz, "for as long as you have any of your natural teeth in your mouth."

The bad news is that not many people seem to know this, and few take advantage of it. "My soapbox speech," said Linda Niessen, the director of geriatric dental programs at the Veterans Administration Medical Center in Perry Point, Maryland, "is look, older people have teeth too!"

Niessen is tired of seeing TV ads that feature older people selling denture adhesives, and toothpaste ads designed exclusively for children. What Niessen wants to tell the advertising world about older people is "Don't sell them denture creams; that's not what they need anymore. Start selling them fluoridated toothpaste."

This is an important message to get across to the public, experts say, because fluoride makes teeth less susceptible to decay, not only during the developing years, when it is incorporated into tooth enamel, but later on, when it continues to promote the repair of tooth enamel in a process called remineralization.

Most people think teeth are static, said Philip Fox, the dentist-investigator who heads the National Institute of Dental Research Clinical Studies Unit in Bethesda, Maryland. "Actually, teeth are very dynamic. There's a turnover of minerals in the mouth that takes place on a daily basis—demineralization, remineralization."

There's a sign tacked on Fox's laboratory wall: "Saliva Is Your Friend." This is so, he explains, because saliva, a solution supersaturated with calcium and phosphate, bathes the teeth, providing them with the minerals they need to stay strong. Fluoride can enhance the power of these minerals in the saliva, and it can help repair enamel previously damaged by bacterial acids, restoring considerable hardness at an early stage of decay, before open cavities develop in teeth.

There is also evidence that fluoride in the saliva helps control the bacterial population in the mouth, those bugs that use the sweets that people eat to produce enamel-destroying acids in dental plaque. And the further past age 35 an adult is, the more important is fluoride's ability to protect the roots of the teeth, as well as the crowns.

Of course, fluoride cannot work for your teeth unless it comes into contact with them. This can be accomplished by the use of fluoride-containing toothpastes, fluoride mouth rinses, and fluoride gels, or by having highly concentrated solutions of fluoride applied by a health professional, usually every six months.

Niessen has put her 62-year-old mother on a regimen she and other experts feel that all older adults should follow to help keep their teeth intact:

- Live in a community where the water supply is fluoridated.
- Brush your teeth with fluoridated toothpaste (most commercially available toothpastes are now fluoridated).
- Use a one-minute fluoride rinse daily (several should be available at drugstores or supermarkets), or ask your dentist about a topical fluoride gel if you have had any tooth decay in the past five years or if your gums are beginning to recede, exposing new root surfaces susceptible to decay.

Niessen prescribes fluoride gel, which she suggests her mother brush on her teeth before she goes to bed. Other dentists custom-make gel trays to fit over the upper and lower jaws, or provide stock mouthpieces that conform to the shape of the jaws. At

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home, the fluoride gel is placed in the trays and kept in place over the teeth for as long as the dentist directs.

• • •

For some, such topical treatment is mandatory, according to William Wright, a former staff periodontist and now a consultant to the National Institute of Dental Research. These include people who suffer any sort of dysfunction of the salivary gland, whether it be the result of injury, radiation, or chemotherapy, or an uncommon disease called Sjögren's syndrome.

Growing older in itself does not cause salivary glands to stop producing the saliva that prevents tooth decay and promotes remineralization, Wright said. But older adults are prone to "dry mouth." They take more medications, such as antihistamines and drugs for nervous disorders; they sometimes eat a less well-balanced diet, including highly refined sweets, which the mouth converts to enamel-destroying acids; and they fall ill and are treated for chronic disease more frequently. Whatever the cause, a feeling of dryness in the mouth should be checked to see if special fluoride treatment is needed.

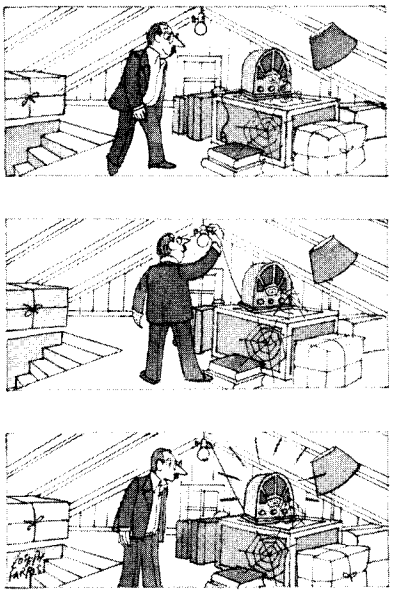
Today's young health professionals may have reason not to be concerned with dental health for older adults. "I lecture in a number of dental schools all over the country," Horowitz said, "and the students in most classes have gorgeous mouths. If they've lived in states where they have had access to fluoridated water all their lives, they have to be taught to be sensitive to the problems of the pre-fluoride generation."

For most dental students, Horowitz said, the concept of prevention is not as exciting as the concept of treatment and rehabilitation. Still, she said, "We haven't done enough. Most people don't even know if their water is fluoridated or not. We have data showing that, generally, adults don't know that the primary way to prevent tooth decay is through the use of fluorides, in teeth without fillings, or, as is often the case, in teeth that have been restored."

An NIDR dental epidemiologist, Philip Swango, agrees. A national survey by the institute in 1985 and 1986 showed tooth-decay rates beginning to shoot up around the age of 55, and investigators have begun to demonstrate that topical fluoride helps older people as well as children. But Swango said more research is needed on the effects of the toothpastes, rinses, and gels. Some of this research is under way. In any case, the American Dental Association's Council on Dental Research, Dental Therapeutics and Dental Health and Health Planning has recommended the use of topical applications of fluorides in adults in certain instances, such as radiation treatment for oral cancer or a high incidence of dental decay. Whether professional topical application is indicated, the council said in 1984, should be decided by the attending dentist, on the basis of individual needs.

Four years later, a Surgeon General's Workshop on Health Promotion and Aging recommended that older adults and their caregivers be educated about "the value of primary preventive methods to maintain oral health, including community water fluoridation and other fluoride uses."

Before long, awareness of the benefits of topical fluorides for adults may be greater than what Swango calls the present "creeping consciousness." Indeed, perhaps this awareness will be part of the general consciousness.



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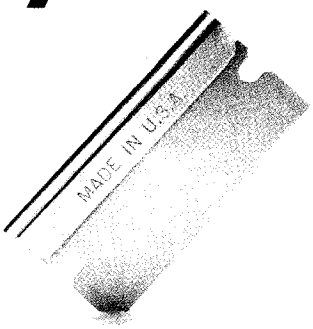

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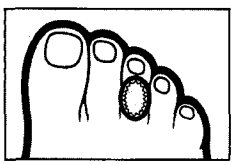

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THE SATURDAY EVENING POST

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Cory SerVaas, M.D.
Charlotte Turgeon

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In the book's introduction, Cory SerVaas, M.D., coauthor with Charlotte Turgeon, explains that this collection of recipes calls for healthful American ingredients combined with a French flair. Saturated fats are replaced with polyunsaturated or monounsaturated fats; olive oil becomes a favorite; egg whites or egg substitutes replace whole eggs; herbs and spices are substituted for sodium chloride; and so on. In short, these recipes are up-to-date with the latest scientific findings for good health. And your guests should know that the meal has been prepared with their health in mind. As Dr. SerVaas writes, "I trust that this book will help you plan many happy occasions when family members and friends can share good food and good fellowship around your table without endangering their health. *Bon appétit.*"

One's *appétit* can be nothing less than *bon* with such dishes on the menu as Sole in Walnut Sauce, Oat-Bran Banana Muffins, Charcoal Chicken, Poached Turkey with Low-Fat Gravy, Chicken-Stuffed Pasta Shells, Stuffed Fillet of Sole—but you may be stuffed already—and many, many more.

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HEARTBEAT

The Healthy Heart Report

HEART DISEASE: WOMEN AT RISK

After years of regarding coronary artery disease as a male affliction, scientists are spreading the word that women are equally vulnerable.

by Elisabeth Rosenthal

Illustrated by Marcus Hamilton

Five years ago, at the bedside of a patient in a cardiac intensive-care unit, a senior cardiologist remarked to me that he hoped I never had to be on a balloon pump. Intra-aortic balloon pumps are ingenious sausage-shaped devices that sit deep in the aorta and temporarily assist the failing hearts of patients awaiting open-heart surgery. Ingenious though they may be, the cardiologist explained, they are one-size-fits-all—the size appropriate for an average man, which means that for smaller women, the pumps either can't be used at all or can lead to complications.

Somehow the comment lingered, and several years later I found myself cross-referencing "women" and "heart disease" in a computer journal-search system to see what was known about the relationship between the two. My efforts turned up a single, unsatisfying result: a paper on the finding that a man's risk of cardiac arrest rises with his wife's level of education.

Until very recently, the medical community thought of coronary artery disease as a masculine affliction. Consequently, men were almost exclusively the subjects of research and prevention efforts. But because of the aging of the American population, it has become clear that in later years women become equally vulnerable. This finding has sent scientists scrambling to learn more about women's hearts and has left public-health advocates with the task of spreading the word that women, too, are at risk.

"There's a longstanding myth that women don't get coronary artery disease. They do. They just get it a little later," says Dr. William Castelli, director of the Framingham Heart Study, which since 1948 has painstakingly monitored the habits and health of more than 5,000 men and women, providing invaluable information about the genesis of heart disease.

"Heart disease in men is very different from heart disease in women," says Pamela Douglas, an assistant professor of cardiology at the University of Pennsylvania and the editor of the medical textbook *Heart Disease in Women*. "And that's not even really common knowledge among cardiologists yet. I treat my female patients based mostly on male studies and tell them, 'We just don't know a lot.' "

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More than 500,000 American women die of cardiovascular diseases each year. Heart disease is the leading killer of women over 40, and an equal number of women and men will die of atherosclerosis, or hardening of the arteries. Yet statistics show that a man is three times more likely than a woman to be referred for cardiac catheterization and four times more likely to be treated with bypass surgery. These are worrying numbers, for the death rate from heart disease has decreased 7 percent each year over the last decade for white men in the United States, but only slightly for all women and for black men.

No one knows precisely why, but it is extremely rare for a woman to have a heart attack before age 50, and women typically lag ten years behind men in developing heart disease. (Only 6 of the 1,600 premenopausal women in the Framingham Heart Study developed heart disease.) After menopause, however, the rate of cardiac problems in women increases dramatically, nearly catching up with the male rate by the time women enter their 70s.

"When I ask women what health issue concerns them most, they inevitably say, 'Breast cancer,' " says Trudy Bush, an epidemiologist at the Johns Hopkins School of Hygiene and Public Health. "It's very frustrating. Out of 2,000 postmenopausal women in one year, 20 will get heart disease and 12 will die of it, 6 will develop breast cancer and 2 will die of it, 3 will develop cancer of the uterus, and one will die of it."

The gender bias in the medical understanding of heart disease has deep roots. Until the present decade, hardening of the arteries was felt to be a normal part of the aging process, and therefore large studies concentrated on "premature" coronary artery disease—which really is a man's disease. Almost all the classic cardiology studies included only men as research subjects: the Multiple Risk Factor Intervention Trials (known as the "Mr. F.I.T." trials), the Lipid Research Clinics Coronary Primary Prevention Trial, and the Veterans Administration Cooperative Study. Others, like the huge Coronary Artery Surgery Study (C.A.S.S.), included too few women to draw many conclusions. Only the Framingham Study enrolled nearly equal numbers of men and women.

These investigations have uncovered several risk factors for heart disease, notably smoking, a family history of cardiac disease, high blood pressure, high cholesterol, and diabetes. But subsequent studies have shown that not all of them apply with equal force to men and women. And certain risks, such as oral contraceptive use, are unique to women.

For both women and men, smoking is the leading cause of heart disease an individual can control. For women, the strong relationship between the two has been substantiated by the huge Boston-based Nurses' Health Study, in which 120,000 female nurses have filled out questionnaires every other year since 1976 about their habits and illnesses. The study has shown that cigarette smoking is "far and away the most important factor, accounting for 50 percent of heart disease," says Walter Willett, a co-director of the study.

"Heart disease in men is very different from heart disease in women. And that's not . . . common knowledge . . . yet."

The Nurses' Health Study has also shown a high risk of suffering premature cardiac death for women now using birth-control pills. That finding lies behind the current medical wisdom that women over 35 (and women over 30 who smoke) should use other means of contraception. Almost all contraceptive pills now on the market have much lower doses of hormone, however, and they are thought to be much less dangerous. (The Nurses' Health Study will enroll 100,000 younger nurses this fall in an attempt to find out whether this is so.)

Some of the conventional risk factors for heart disease affect men and women differently. High blood pressure may be less of a problem for women, and diabetes takes a much greater toll on female than on male hearts. The Framingham data base shows that if a woman develops diabetes, she loses her natural ten-year grace period and acquires the same chance of developing heart disease as a man has.

Although the government has recently recommended that *all* adults with cholesterol levels above 200 seek treatment, studies done over the past several years have shown that blood cholesterol content in women is probably not as strongly linked to heart disease as it is in men, except at extremely high levels. The Framingham study found that a woman with a cholesterol count of 295 is still less than half as likely to have a heart attack as a man with a cholesterol count of less than 204.

One key to this discrepancy seems to be a particular subtype of cholesterol called high-density lipoproteins (HDL). In the past five years it has become clear that not all cholesterol is alike: there is "bad" low-density lipoprotein (LDL) cholesterol, which in men has been clearly associated with heart attacks, and "good" HDL cholesterol, which actually prevents the development of cardiac disease. Although little is known about how HDL cholesterol works, HDL cholesterol levels of women before menopause average 25 percent higher than those of men, and many researchers believe it is this substance that protects their hearts' arteries.

In men, either high LDLs or low HDLs can hasten heart problems. But this does not appear to be the case with women, who seem affected less by fluctuations in LDL but extraordinarily more by HDL shifts. One Israeli study showed that women could enjoy perfect health with any level of cholesterol and LDL, as long as HDL made up more than 23 percent of the total. In fact, the Lipid Research Clinics Follow-Up Study found that except for the subject's age, the level of HDL cholesterol was the single most accurate predictor of cardiac death in women. Weight reduction, exercise, and perhaps modest alcohol consumption (up to two drinks a day) lead to higher HDL levels.

The lack of information about women and heart disease has been a cause of confusion for physicians and scientists interested in preventive health.

It is unclear whether women should take an aspirin every other day to help prevent heart attacks. A highly publicized study using 22,000 healthy men has shown that doing so decreases the heart attack rate. But cardiologists are uncertain about dispensing this advice

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to women. "We tell our female patients to take aspirin, but we're not entirely comfortable with that," says Dr. Richard C. Becker, a cardiologist at the University of Massachusetts Medical Center, who organized a "consciousness raising" symposium on heart disease in women last year. Several small studies provide evidence that regular aspirin use may lead to a higher risk of undesirable side effects, notably stroke.

Several new studies aim to develop preventive measures specifically for the female population, especially postmenopausal women. Theorizing that the cardiac advantage enjoyed by younger women is related to estrogen production, which slows after menopause, the studies see whether the advantage can be sustained in older women administered hormone supplements. This approach looks promising. Women in the Nurses' Health Study who took hormones to control postmenopausal symptoms turned out to be only one-third as likely to develop heart disease as those who didn't.

This month, after five years of preparation, the National Institutes of Health will open the Post-Menopausal Estrogen Progestin Intervention (P.E.P.I.) Trial, its first large-scale clinical trial directed at evaluating risk factors for heart disease in women. Irma Mebain, the director of the study, says 850 female volunteers between 45 and 64 will receive hormone therapy and researchers will assess its effect on women's cardiac risk factors, including HDL cholesterol.

Researchers are also at work improving the diagnosis of heart disease in women. For now, diagnosis is notoriously difficult because the standard early warning signs of heart disease—a squeezing chest pain during exercise, for example—have proved far less reliable as indicators of blocked arteries in women than in men. And the time-honored "exercise tolerance test" of heart function, in which a patient walks on a treadmill while attached to a cardiogram machine, tends to set off false alarms for women.

In one typical study conducted at Baylor College of Medicine, only 40 percent of women with chest pains and "poor" exercise tolerance tests proved to have heart disease when dye was injected into their coronary arteries; the comparable figure for men is about 88 percent. Cardiologists are refining exercise tolerance tests to make their results for women more helpful. They are also turning to the more expensive, and more accurate, "nuclear" stress tests, in which the patient receives an injection of an isotope taken up by the heart. The physician observes the heart's motion on a gamma camera as the patient exercises.

Some doctors worry that "false positive rates" among women—reports by the patient and ominous test results that prove to be nothing at all—make their peers less thorough in evaluating female patients. Indeed, recent studies have shown that women with chest pains and positive nuclear stress tests are referred ten times less often for further testing and treatment than equivalent men. "We've all been sensitized by these false positives," Dr. Richard Becker says. "Is there a bias? Probably. In women with risks, we need to be more aggressive."

Physicians are also influenced, says Dr. Becker, by studies which suggest that women subjected to invasive or surgical therapy do worse than men. Women run four times the risk (4 percent versus one percent) of dying during or immediately after open-heart coronary-artery surgery, in which narrowed stretches of the arteries are "bypassed" using vessels borrowed from the leg. And after surgery, women often have continued chest pain, which suggests that blood flow to the heart muscle remains poor after the operation. Surgeons explain that women's tinier coronary arteries are more difficult to manipulate in the operating room.

Most women who undergo bypass operations do extremely well, however. Of the more than 95 percent of women who leave the hospital after bypass, more than 90 percent will be alive five years later, and about 70 percent ten years later—the same statistics as for men. The challenge now is to determine which women benefit most from the operation. Says Dr. Becker, "We're going to have to repeat a lot of the old clinical trials—but this time with women."

That is a big prescription to fill. To produce statistically significant results, such studies often require huge numbers of subjects observed over decades. The C.A.S.S. investigators, for example, have followed more than 7,000 subjects (6,000 men, 1,000 women) after bypass operations for almost 15 years. The Mr. F.I.T. trial enrolled 15,000 men. When P.E.P.I. researchers tried to structure the trial to follow volunteers until a significant number of heart attacks occurred, they discovered that they would probably have to follow "30,000 women for 15 years to draw adequate conclusions about whether steroids affect mortality," Irma Mebain says. Instead, they recorded the short-term effects of hormones on known cardiac risks.

So it may be some time before there is a full-blown Ms. F.I.T. trial. But smaller trials are under way. It may be a sign of the times that the *New England Journal of Medicine* recently ran as its lead article a study that examined the effects of low-tar cigarettes on the incidence of heart attacks—in women. "People are beginning to include gender when they do large clinical trials," Dr. Pamela Douglas says. "And remember, we've got these huge data bases accumulating around the country. Now someone just has to press the 'male-female' button."

New Study Needs Volunteers

More than 800 postmenopausal women, 45 to 64, are being recruited for a major national heart study sponsored by the National Heart, Lung, and Blood Institute. The project will test the effects of various estrogen-progestin combinations on cholesterol, blood sugar, insulin, fibrinogen, and other clotting factors that can affect a woman's risk of developing heart disease and osteoporosis.

Each volunteer will visit a designated clinic 14 times within the three-year study period. She will undergo physical examinations, blood tests, electrocardiograms, bone-density studies, biopsies of uterine tissue, mammography. She will be given medication. (All monitoring and medications for the study are provided free.)

Prospective volunteers can call the project information line at 1-800-882-7374 or (in Washington, D.C.) 202-676-5214. Volunteers must have experienced a natural or surgical menopause, and they must be able to visit one of the clinic locations in San Diego; Baltimore; Los Angeles; Washington, D.C.; San Antonio, Texas; Iowa City; or Palo Alto, California.

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by Bryce J. Christensen

Illustrated by Don Trawin

The costs of providing medical care in America, it is frequently noted, have skyrocketed recently, and they promise to continue rising in the future. There is, of course, at least a partial solution to this problem, one involving little or no expenditure of either public or personal funds. This solution calls for an increased emphasis on preventive medicine: exercising and dieting today help avert heart disease tomorrow; not smoking now increases the likelihood of avoiding lung cancer later.

My purpose in writing this essay is to suggest something else Americans can do on their own to improve their health, something that government ought to do more to encourage: Americans can get married and stay married. Quite simply, marriage, no less than jogging and lowering cholesterol intake, is good for your health. Although it is obviously up to individual Americans to decide whether to marry, stay single, or divorce, it is nevertheless past time for policymakers to acknowledge the profound health benefits of marriage. The nation's runaway medical costs could be partly controlled were government to implement policies that did more to foster and encourage longer-lasting, child-producing marriages.

The new evidence linking health to marriage and family life is voluminous. Writing recently in *Social Science and Medicine*, Catherine K. Riessman and Naomi Gerstel observe: "One of the most consistent observations in health research is that married [people] enjoy better health than those of other marital statuses." Drs. Riessman and Gerstel note that compared with married men and women, the divorced, single, and separated suffer much higher rates of disease, morbidity, disability, mental neuroses, and mortality: "This pattern has been found for every age group (20 years and over), for both men and women, and for both whites and nonwhites." James Lynch of the University of Maryland Medical School says the health advantage enjoyed by the married over the unmarried has actually grown in recent decades.

Only a small fraction of the statistical health gap separating the married from the single and divorced can be accounted for by the common sense observation that sick people either don't get married or don't make satisfactory marriage partners. Dr. Lynch says that married people are healthier largely because marriage per se "influences the general lifestyle of the individual." In a study published recently in the *Journal of Health and Social Behavior*, Debra Umberson of the University of Michigan finds that mortality rates are

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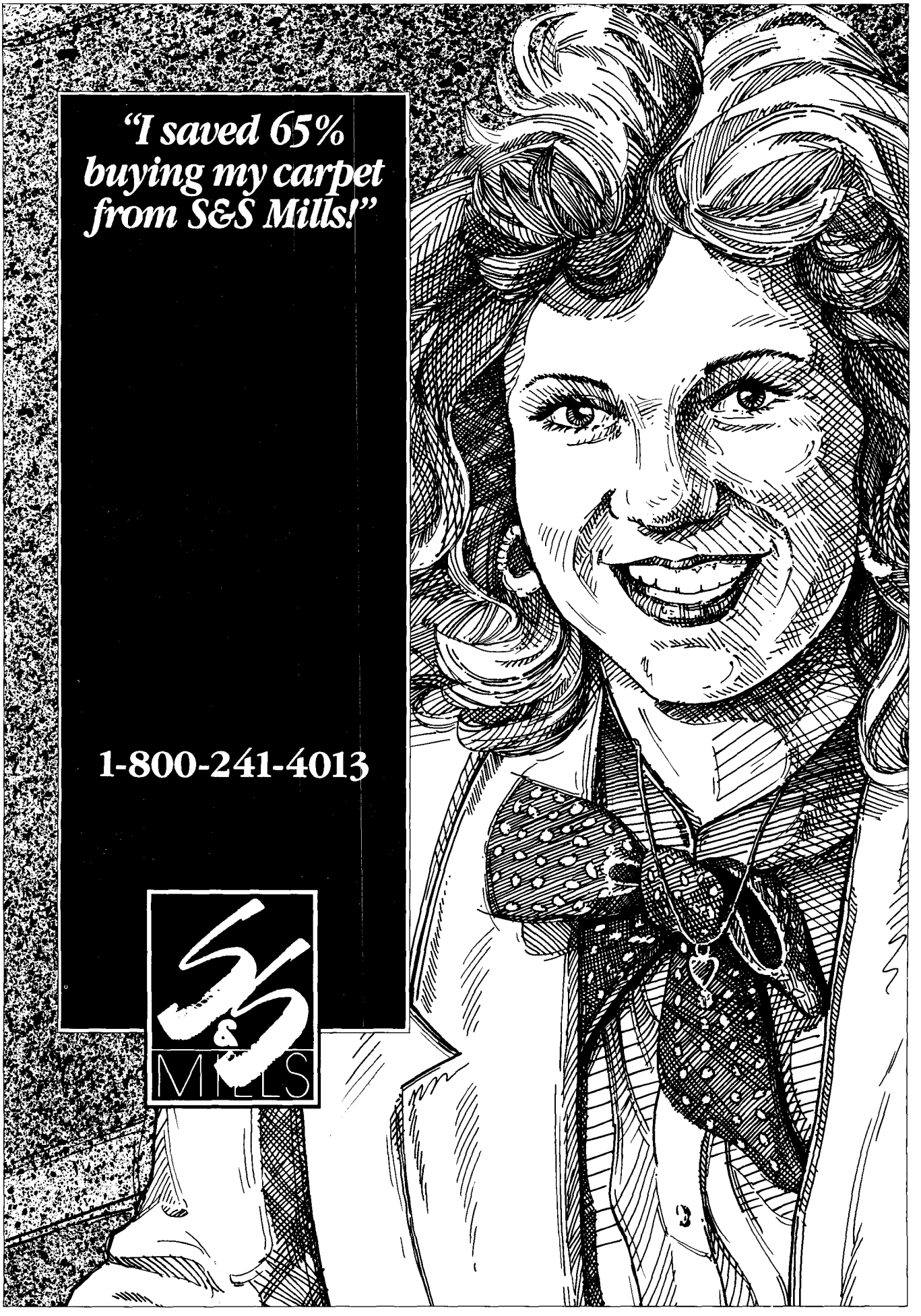

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"consistently higher" for the unmarried than for the married, because marriage exerts a "deterrent effect on health-compromising behaviors," such as excessive drinking, drug use, risktaking, and disorderly living. By providing a system of "meaning, obligation, [and] constraint," family relationships markedly reduce the likelihood of unhealthful practices. Interestingly, Dr. Umberson's research also underscores the difference between the widowed and the divorced. Although both the divorced and the widowed have poorer health habits than the married, the habits of the divorced are far worse.

Yet in a study published in 1988, researchers at Ohio State University found that divorced and separated men suffer from poorer health—and even have "poorer cellular immune system control"—than married men with similar health habits (including hours of sleep and the use of alcohol, tobacco, and caffeinated drinks).

In research into the effects of marriage on health, Harold Morowitz of Yale University concludes: "Being divorced and a nonsmoker is slightly less dangerous than smoking a pack or more a day and staying married." He adds facetiously: "If a man's marriage is driving him to heavy smoking, he has a delicate statistical decision to make."

Happily and Healthily Wed

The advantage the married enjoy over the unmarried in death rates due to cancer and heart disease is astonishing. The lung cancer rate for divorced men is twice that for married men, and the rates for some forms of cancer (genital, buccal, and pharyngeal) are three to four times as high among the divorced. The pattern among divorced women, although not quite so stark, is similar. Among both men and women, the single and divorced die from hypertensive heart disease at rates between 2½ and 3½ times those found among the married. Dr. Lynch reports that even when divorced and single persons' diseases are not fatal, they stay in the hospital longer than do married men and women suffering from the same illnesses. This pattern of longer hospital stays is costing America "uncounted billions of dollars" every year.

Just as impressive are the mental health benefits bestowed by marriage. Peggy A. Thoits of Indiana University says: "Married persons have significantly lower anxiety and depression scores than unmarried persons, regardless of gender." Dr. Thoits notes that the married appear to enjoy better mental health even when they have experienced more potentially traumatic experiences than the unmarried. Surprisingly, even the mentally ill sometimes find psychological benefits in marriage. The British medical journal *Lancet* recently reported that in some cases marriages between the mentally ill prove "stable and may even show improved function.... The support provided by a shared mental disability may have a beneficial effect."

"Honestly, Bob, why even bother?"

Some feminists have claimed that marriage benefits only men, but available health statistics show otherwise. Although men do realize a somewhat greater health advantage from marriage than women, both sexes are clearly healthier if married than if unmarried. The latest findings only partly confirm Emile Durkheim's famous hypotheses that marriage is more important for the mental health of men than for that of women and that rearing children is more important for women than for men. Dr. Umberson's 1987 study says, "Marriage and parenting relationships work together to deter health-compromising behaviors" for both men and women. In fact, for at least one disease—breast cancer—marriage protects women's health in particular, by increasing the likelihood that they will bear two or more children. A recent study at the University of Bergen in Norway found a correlation between the number of children a woman has borne and her likelihood of developing breast cancer, the childless and the mothers of only one being most vulnerable.

Nor is it just husbands and wives whose health is affected by marriage. In a study published last year in the *New England Journal of Medicine*, researchers at the National Center for Health Statistics found that unmarried women, compared with married women, run "a substantially higher risk of having infants with very low or moderately low birth weights." Because birth weight is one of the best predictors of infant mortality, many more illegitimate than legitimate babies die. The NCHS researchers believe that marriage exerts no "direct causal influence on the outcome of pregnancy" but that a life course which includes marriage is likely to be healthier than one that does not. (For example, single mothers are more likely to smoke than married mothers.)

Although divorce is less threatening to a child's health than is illegitimacy, it still takes its toll. The *Canadian Journal of Psychiatry* reports that divorce increases the likelihood of mental disturbances among children, with more than a third of them still "troubled and distressed at the five-year mark" after their parents' divorces. John McDermott of the University of Hawaii says: "Divorce is now the single largest cause of childhood depression." Dr. Lynch believes that parental divorce not only causes mental neuroses among children but also contributes to "various physical diseases, including cardiac disorders," later in life. In examining two national health surveys, researchers from Rutgers University found in 1988 that single mothers report "poorer overall physical health for their children" than do married mothers. Finnish health authorities at the University of Tampere find that children from nonintact families are much more likely to require medical attention for psychosomatic symptoms than

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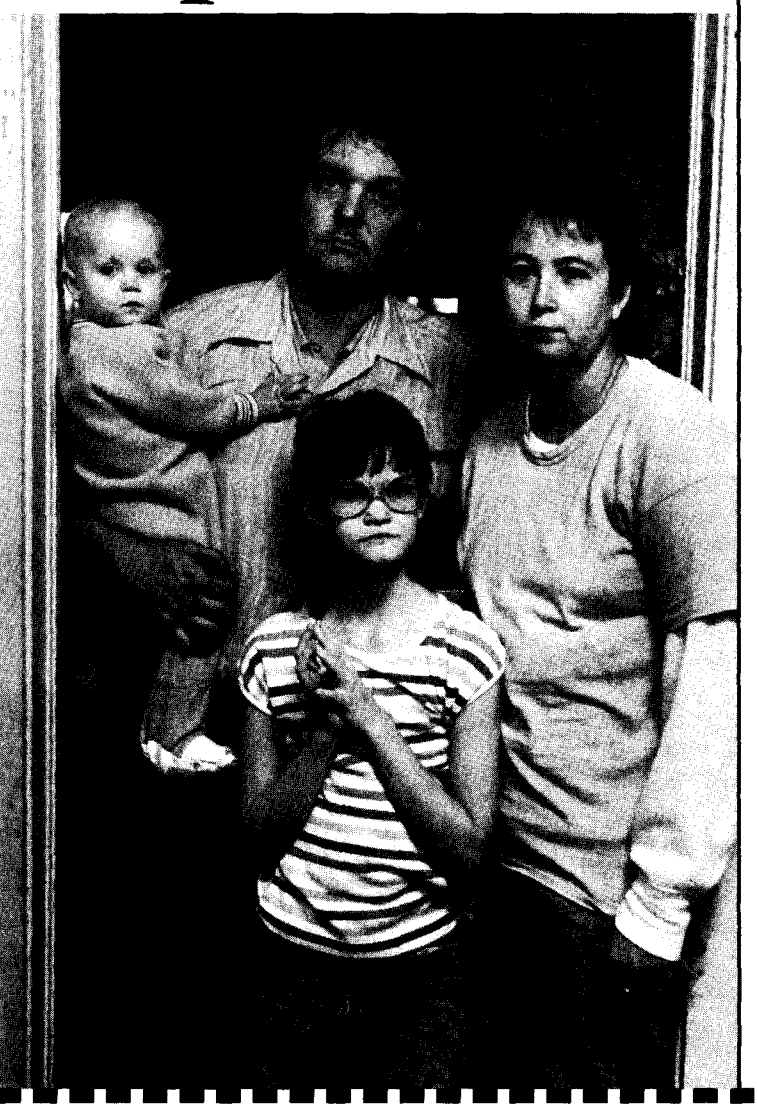

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children from intact families. The ailments, real and imagined, of children from single-parent homes may well persist, creating sizable public costs in the decades ahead.

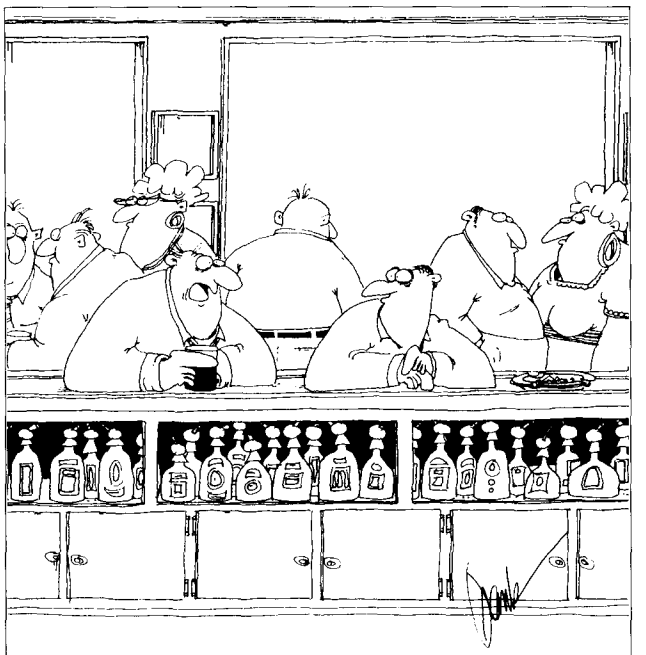
The Flight from Marriage

The latest health findings should foster concern about falling marriage rates. In recent years, as the national media have glamorized the freedom and excitement of the single lifestyle, an unprecedented number of young people have decided marriage should be avoided—or at least postponed. Since 1970 the American marriage rate has fallen 30 percent, and the divorce rate has climbed 50 percent. By 1983 the average age at first marriage had risen to 24.5 for women and to 26.8 for men. If current trends continue, one American in seven will never wed. But the statistics already cited suggest that the fern bar and health spa may serve as mere way stations for singles headed for the hospital—or the cemetery.

During the 1970s, Americans went through what Lenore Weitzman has called "the divorce revolution." Within a decade, legislatures in almost every state replaced traditional divorce laws with new "no-fault" statutes that made it much easier to dissolve a marriage. Cultural attitudes changed as divorce shed its stigma as a "calamity" or "tragedy" and came to enjoy widespread acceptance as a simple "uncoupling," or even a laudable act of "courage," a valuable "growth opportunity." Although the divorce rate has shown signs of leveling off, it is still 50 percent higher than in 1970. Demographers estimate that 44 percent of all marriages formed in 1983 will end in divorce. Weitzman has documented the harmful, if unintended, economic consequences of the divorce revolution for both women and children.

Epidemiologists are now accruing data on the harm done to health by the divorce epidemic. A 1984 study by the National Center for Health Services concluded that divorced women were not only less healthy than married women but also more likely to rely on public assistance in securing medical care. This finding is especially striking because "the divorced population is somewhat younger than the married." In November 1988 Barbara Wilson and Charlotte Schoenborn reported to the American Public Health Association, "In spite of the recent changes in American marital patterns, there was still a clear association between being well and being married in 1987." Schoenborn and Wilson believe that the "surge in divorces" in recent decades may have imposed "hidden health costs on the American population" that should be recognized.

Clearly, public health officials have reason to worry about what a demographer, Robert Schoen, has described as America's "retreat from marriage." The medical costs created by this social trend will surely strain such government programs as Medicare and Medicaid. Indirect effects ought also to be taken into account. The social retreat from marriage not only drives up the nation's future medical bills but also reduces the number of future taxpayers available to pay those bills. In explaining why our national fertility rate has languished below replacement level for more than a decade, Ben Wattenberg points to the trend toward fewer, later, and less stable marriages. Although illegitimacy rates have risen significantly since 1950, unmarried women still bear far fewer children than do married women. The birthrate for married women aged 18 to 44 is 92.0 per 1,000 women, a historic low, but the birthrate for unmarried women in the same age group remains much lower (33.4 per 1,000). Fewer babies now mean a much smaller tax base in 30 or 40 years. Wattenberg believes that the "birth dearth" could cause Social Security to fail early in the next century, if—as is widely predicted—the Social Security trust fund is combined with the Medicare trust fund.



"My wife doesn't understand me either, but there's always that nagging worry that someday she might. . . ."

As low fertility erodes the tax base, it simultaneously imposes higher public costs for institutionalization of the elderly. Recent surveys show that taxpayers bear the burden of institutionalizing the elderly far less frequently when the latter are married and have three or more children than when they are single or divorced, or when they have few or no children. Looking at statistics from 1976, Stephen Crystal concludes, "The more children an older person has had, the smaller the odds of institutional placement." Historians have noted a similar pattern in the early years of this century. A 1910 Massachusetts survey found that almost 60 percent of the aged poor then living in almshouses or benevolent homes had no living adult children; a Pennsylvania survey in 1919 found that almost two-thirds of those living in almshouses had no living children; and comparable statistics were reported in a 1929 National Civic Federation Survey conducted nationwide. Clearly, if fewer American marriages ended in divorce and fewer American families were small, nursing home care would not consume 41 percent of all Medicaid expenditures.

Worse, however, is undoubtedly in store. Writing in the *American Journal of Public Health*, researchers from Vanderbilt University predict that the increased future costs of providing nursing home care for aging Americans without children able or willing to care for them in their homes will be troublesome. The anticipated increase of $6 billion (in 1982 dollars) in nursing home expenses by the year 2012, they warn, will "exacerbate . . . intergenerational conflict."

Policy Implications

Public health officials are already beginning to rediscover the importance of marital and family relationships in

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their fight to contain ballooning health costs. Richard Morse of Kansas State University sees "some movement, at present, to deny welfare or Medicaid to those individuals whose families cannot prove they are unable to perform that responsibility." Alexa K. Stuifbergen of the University of Texas at Austin likewise has stated that many policymakers "are increasingly looking to the family as a hedge against the rising cost of healthcare services."

This rediscovery of family responsibility could mark a positive first step in reshaping public health policy. Unless, however, it is matched by some policies that help intact marriages, the rediscovery of family responsibility could create economic injustices. It could push intact families to the end of the line of those eligible for federal benefits, while keeping them near the front of the line of those responsible for paying for those benefits. One possible approach would be to restructure Medicare rates so that married recipients pay a lower monthly premium than the unmarried.

But it is politically unthinkable and ethically questionable for government to favor the married over the unmarried directly. Millions of older Americans are unmarried because of the death of a spouse; many others either had no opportunity to marry or divorced only for the most serious of reasons, after making every effort at reconciliation.

Yet government policymakers could benefit most young marriages by framing a tax policy that offers greater advantages to households with children present.

First, tax reformers could raise the personal federal income tax exemption for dependent children from $2,000 to $4,000. (Even at $4,000 the personal exemption would remain hundreds of dollars below its 1948 value when adjusted for inflation.)

Second, the income ceiling for the earned-income tax credit could be raised—to perhaps $25,000 or $27,500—and the benefits could be scaled to the number of children in the home (while still restricting the credit to no more than the total payroll taxes paid by the recipient).

Third, the current childcare tax credit could be universalized, which would allow households with stay-at-home mothers to share the benefits now received by dual-income homes.

Admittedly, such a child-centered approach would help unwed and divorced mothers, but not childless couples and older married couples with no children at home. Yet the young married couple remains the most fertile unit, and it would therefore receive most of the benefits. Although married American women now bear fewer children than in past decades, only about one married couple in 20 is both childless and infertile. Even a cohabiting couple is only half as likely as a married couple to have a child in their household.

Moreover, improving the economic status of the nation's children is a worthy policy objective in itself, quite apart from the gain for marriage. The two objectives of helping children and encouraging marriage could actually prove mutually reinforcing: married couples might well choose to have more children if some of the economic hardship of child rearing were eliminated, and children arguably provide the strongest cement for a marital union. It is no accident that the divorce rate dropped appreciably during the baby boom of the 1950s.

Many of the forces fueling America's retreat from marriage are ultimately cultural, hence not under the direct control of policymakers in a liberal democracy. Nonetheless, policymakers must cope with the rising medical costs created by the flight from marriage.

In discharging this responsibility, simple prudence suggests the need for approaches that will successfully reduce these medical costs by encouraging people to marry. At the same time, justice dictates that those who build successful marriages and families be relieved of at least some of the public burdens created by those people who repudiate marriage. Child-based tax benefits could help achieve these objectives without unfairly penalizing those who are unmarried for reasons beyond their control.

About the author: *Bryce J. Christensen is the director of the Rockford Institute Center on the Family in America in Rockford, Illinois, where he lives with his wife and three sons. His book* Utopia Against the Family: The Problems and Politics of the American Family *will be published next spring by Ignatius Press of San Francisco.*

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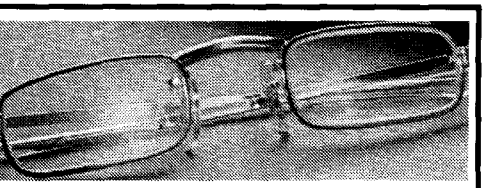

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Familiarity Breeds Attempt

"Surely you don't believe your husband's story about fishing," the catty neighbor said. "Notice he didn't bring any fish back."

"That's what makes me believe he was fishing."

—James Curnane

One of Too Many Carbohydrates?

Because I am the recipient of many descriptive comments from my family concerning my increasing weight, I understandably became touchy on the subject one day. When my teenage son walked in the door, put his arm around me, and said, "Hi, one of many pounds," I snapped back, "I do not appreciate your referring to me that way. After all, I am your mother."

Realizing that I was annoyed, he quietly walked out of the room and out the back door. Following his built-in radar system for detecting the moment food is put on the table, he walked in promptly at 5:00, put his arm around me, and said, "Hi, one of many carbohydrates."

—Wanda Susmilch

The Other Side of the Story

Groom: "How did you make this cake, dear?"

Bride: "Here's the recipe. I clipped it from a magazine."

Groom: "Are you sure you read the right side? The other side tells how to make a rock garden."

—Trenda Leigh

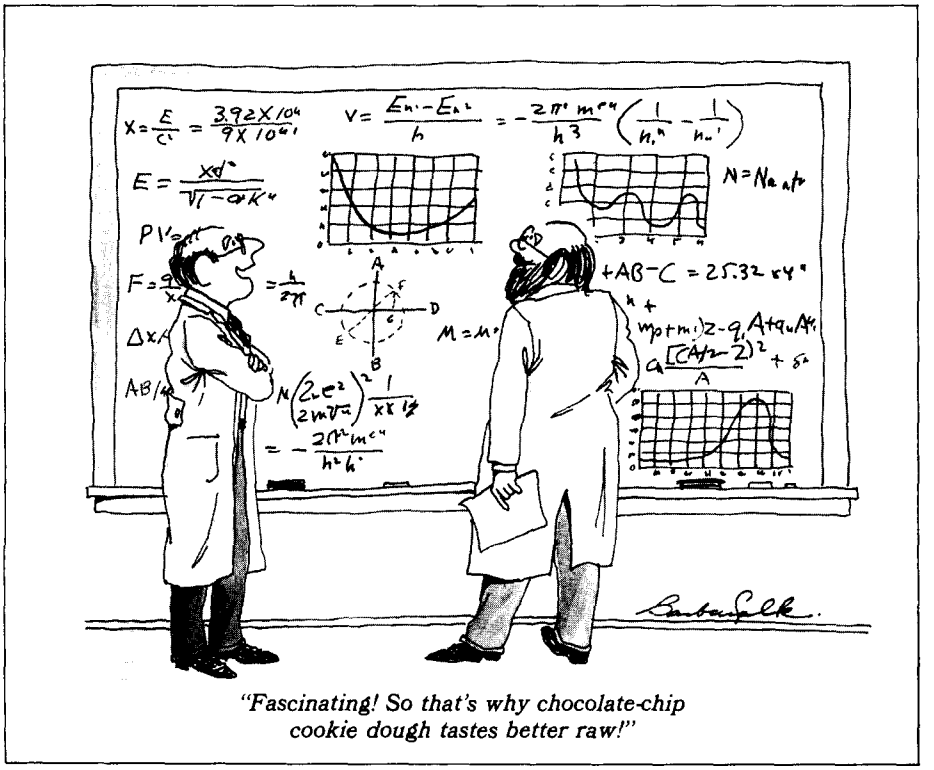
Growing Pains

An elderly man complained to his doctor that he wasn't feeling well.

"I'm doing all I can to help you," the doctor said. "You know I can't make you feel young again."

"I don't want to be young again," the man said. "I just want to keep on getting older."

—Virginia Myers



"Fascinating! So that's why chocolate-chip cookie dough tastes better raw!"

Bubble Bursting

A father often reminded his children, who rode the school bus, that he knew no such luxury; he had to walk to school. One day when the children's grandmother was showing them the family album, she pointed to a picture of a building and said, "That was your daddy's schoolhouse."

"Where was the picture taken?" the youngest grandchild asked.

Their grandmother smiled reflectively and answered, "From our house across the street."

—Lawrence E. Miller, Sr.

Throwing the Book

A stern judge, notorious for his severe sentencing of drunk drivers, was being treated to a rare night out on the town. The judge's friends were having a hard time getting him to loosen up. "Have a drink," one of them coaxed. "Have you ever tried a whiskey and soda?"

"No," the judge replied soberly, "but I've tried several fellows who have."

—K. J. Franks

Medical Confusion

A matronly woman was leaving her new physician's office when she paused for a moment and gave him a very confused look.

"Is everything all right?" he asked.

"I don't know," she replied. "I arrived about ten minutes early for my appointment, and you saw me right away. Then you spent a lot of time with me. I understand your instructions, and I can even read your prescription. Are you really a doctor?"

—Bert Lee Hudson

Dinner Foiled

A man was talking to a friend about his wife's cooking. "I wouldn't say my wife is a bad cook," the man

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said, "but when she takes the aluminum foil off a TV dinner, she is throwing away the best part."

—Bobbie Mae Cooley

Settling for Second Best

"The best thing for you to do," a physician advised his patient, "is to go on a diet and give up drinking and smoking."

"I don't think I deserve the best," the patient replied glumly. "What's second best?"

—Bert Lee Hudson

Business Advancement

In the world of business, a well-educated, well-adjusted, hardworking, intelligent, honest, personable young man will become a vice president much, much, much faster if he marries the boss' daughter. Surprisingly, not one college offers a course in how to accomplish this.

—H. Remington Jones

Sensible Lyrics

Isn't it funny how teenagers are wild about rock-'n'-roll songs with crazy titles instead of those sensible ones we used to have—like "Cement Mixer Putty Putty," "Three Little Fishes in an Itty Bitty Poo," and "Flat Foot Floogie with the Floy Floy"?

—Sam Ewing

City Smarts

When my husband and I moved to the country, our No. 1 priority became the tedious restoration of the 1758 Cape Cod cottage we had purchased along with its 36 wooded acres.

Almost daily we were visited by the village gadfly, who kept reminding us that he would have purchased the long-vacated property if he had only been lucky "like you city people who have more money than brains."

Since we had both risen from humble beginnings, through many years of hard work and thriftiness, such a labeling was resented.

One afternoon while he was inspecting a pile of newly arrived lumber, he remarked, "I suppose you put down cash money for the lumber."

My husband stopped hammering long enough to reply, "Nope. We used what little amount of brains we have and had the sawmill cut timber from one of these 36 acres you've been walking over for 15 years.

—Elizabeth Thompson

"I said, I'm running away. . . . Who's going to drive me?"

Phone-etics

One by one they go off to college
To strut their stuff in the halls of knowledge.
The phone's all ours, but the bill enlarges:
"Your kid's on the line. Will you accept the charges?"

—Rosaline Thorne

Repeat Performance

A woman who had given birth in a hospital elevator told the nurse how embarrassed she was.

"Don't give it a thought," the nurse consoled. "A year ago a woman gave birth in the parking lot."

"O-o-o-oh, I know," the woman wailed. "That was me too."

—Bobbie Mae Cooley

Firm Beliefs

A rabbi and a priest were very good friends and were always teasing each other. At a banquet, the main course was ham; the rabbi refused.

"When are you going to weaken, Rabbi, and finally take a taste of pork?" the priest asked.

"At your wedding," the rabbi answered.

—Mrs. C. B. Williams

"Yeah, this is 911."

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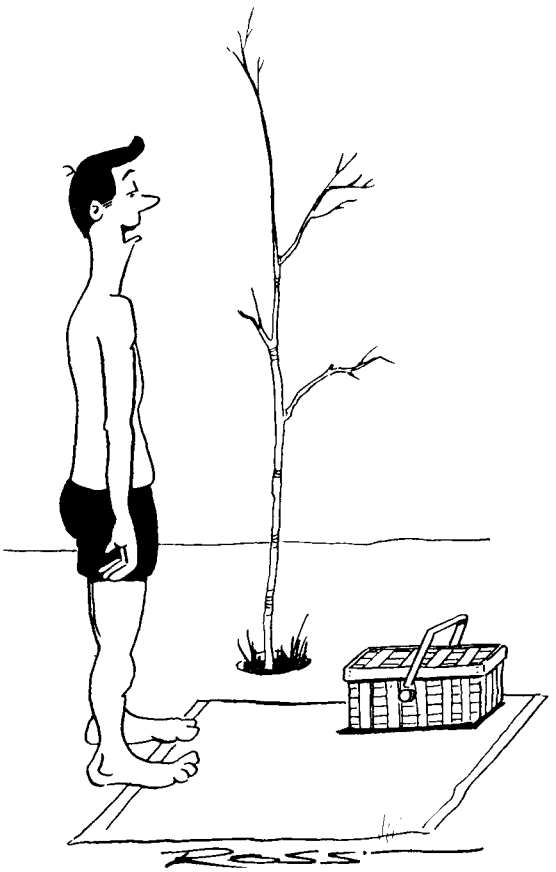
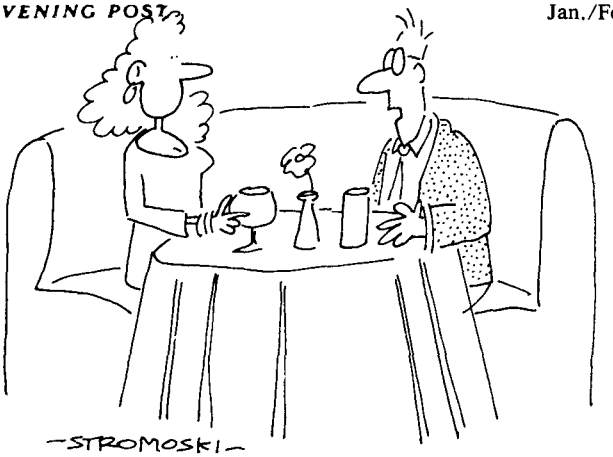
COURTSHIP CHUCKLES

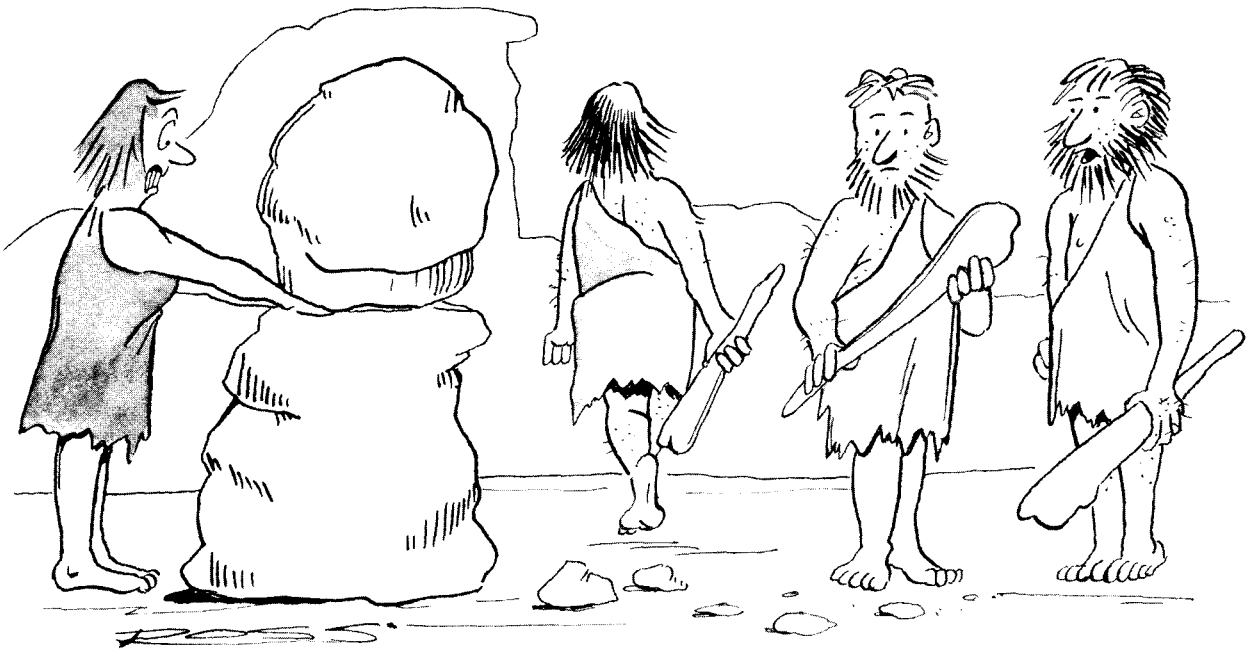


"Come out from behind the tree, Marcia; your body is nothing to be ashamed of!"



"Let me get this straight: you need space, you feel we're going in different directions, and you want to see other people. Does this mean you won't marry me?"

"But enough about you."



"Glag must be serious; look at the size of the rock he placed on her finger!"

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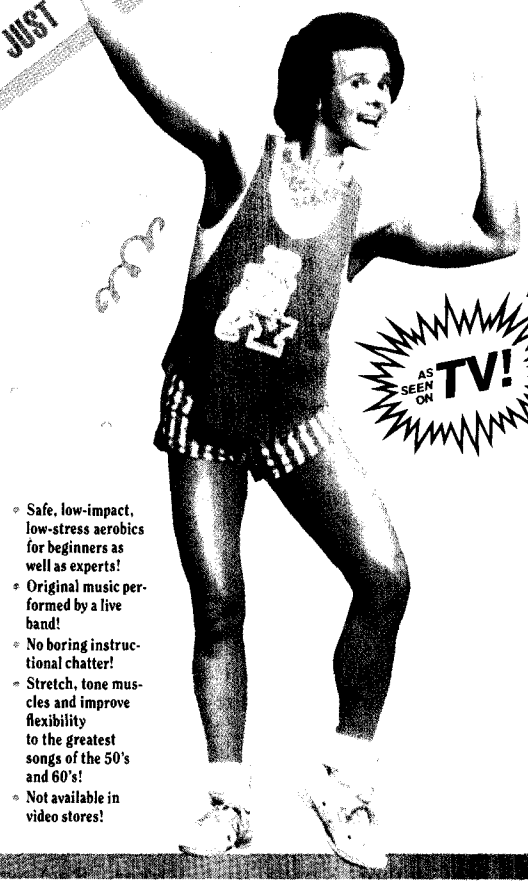

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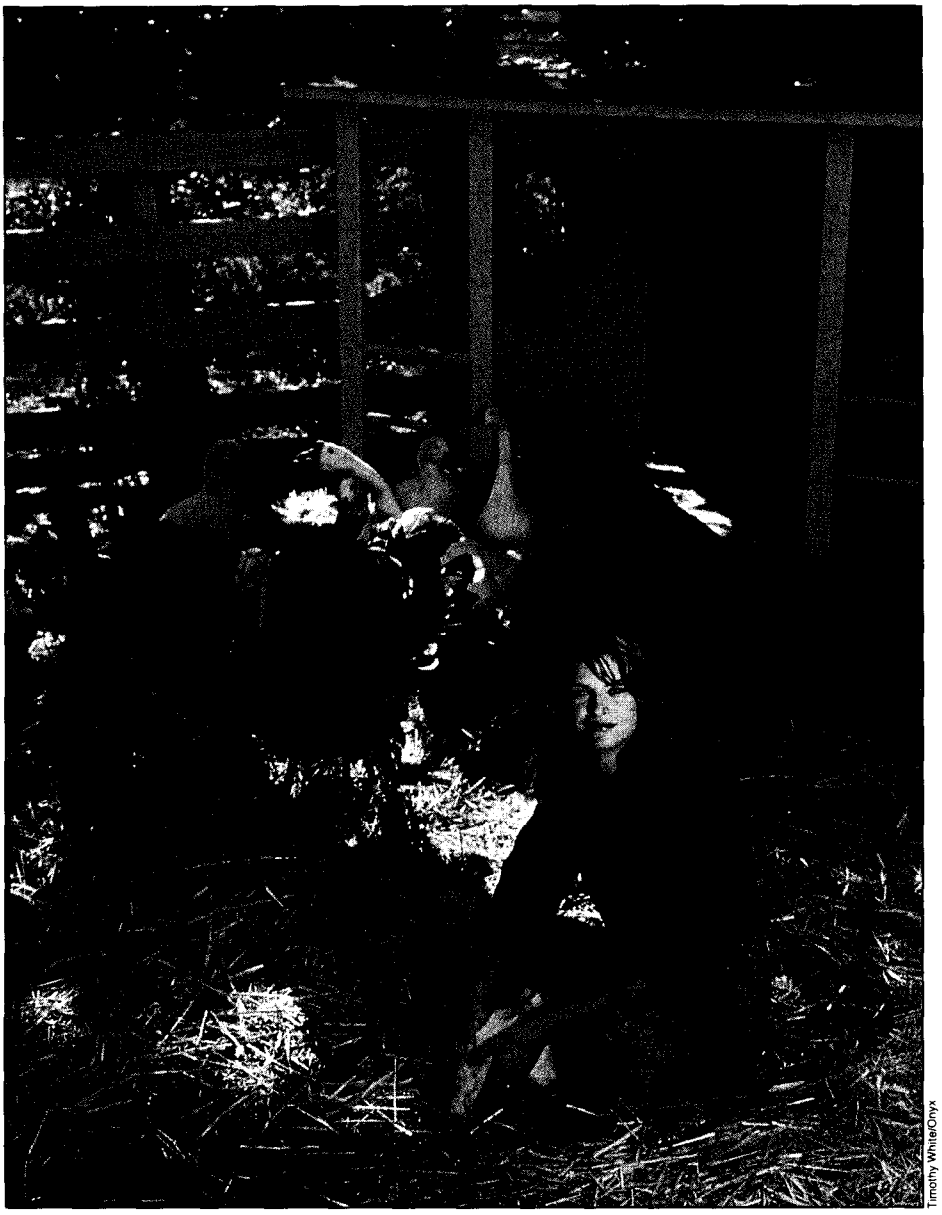
CHEZ ALLEY

Beauty and her beasts now roam the house that Jolson built.

by Fred Robbins

It's easy to think you made the wrong turn off the freeway in San Fernando Valley because the place looks like Noah's Ark. Fifty animals of one variety or another are scampering and squawking about: cockatoos, parrots, cats, dogs, rabbits, a crow, mice, and a miniature horse. The overseer of the menagerie is the most beautiful creature of them all, the mistress of the house, Kirstie Alley. She and her husband, the actor and ex-Hardy Boy Parker Stevenson, live happily ever after in a 22-room ranch-type brick mansion on a lush three-acre spread in Encino, California.

"I thought the only way I could live in Los Angeles—I guess because I'm from Kansas and I'm used to land and space—is if we found a place that's flat," says the stunning star of television's "Cheers." "It had to be flat. I mean, I'm not used to hills."



Timothy White/Onyx

A 22-room estate once owned by Al Jolson is the Stevenson-Alley "bungalow." The couple is rarely alone, because the welcome mat is out to pets and pals.

She's wearing old leather pants from France, Peter Fox-laced shoes that she describes as "safari looking," and a purple and black mohair cowl-neck sweater. Her dazzling green eyes look around her domain proudly. She pauses and indicates the foot of the driveway. "So we came through those gates, and I said, 'My God, a flat piece of land!' "

They almost didn't buy Chez Alley because ownership of the pond of koi fish, multicolored Japanese beauties that have been there for 20 years, was in dispute. "At the last minute, the seller decided to take the koi," Alley says. "Those koi are beautiful; they're wonderful. I told her that would break the deal. She was going to sell them, and I told her, 'No koi, no sale.' "

Her parrots, Redrum and Roger, are chirping in the background. "They have to scream all day long, whenever they hear my voice," she explains.

Like so many of the houses in this part of California, this mini-mansion was occupied by someone notable before Kirstie and Parker. Real-estate agents delight in telling prospective California buyers that "Kirk Douglas lived here." Or, "This was Barbra Streisand's house before she moved to the beach."

"This was Al Jolson's house," the current occupant says. "He built it for Ruby Keeler. And the funny thing is it has more history than that. I guess Al Jolson and Ruby got a divorce, and then . . ." she pauses to make sure she gets the lineup right, "then Don Ameche bought the house. Then Al Jolson remarried and he told his wife to go out and look for a house, and she came back and said, 'Al, I found a house that looks like it was built for you.' It was this house, and they bought it again!"

So Alley says that if they ever sell the place, the real-estate agent can say, "This was the Al Jolson, Don Ameche, Al Jolson, Kirstie Alley-Parker Stevenson house."

She laughs at the thought and adds that the agent could also point out that Don Ameche wrote his name on the hall wallpaper. "The pattern is of riding scenes in Virginia," she explains, sounding like the decorator she almost became back in Kansas, "and right

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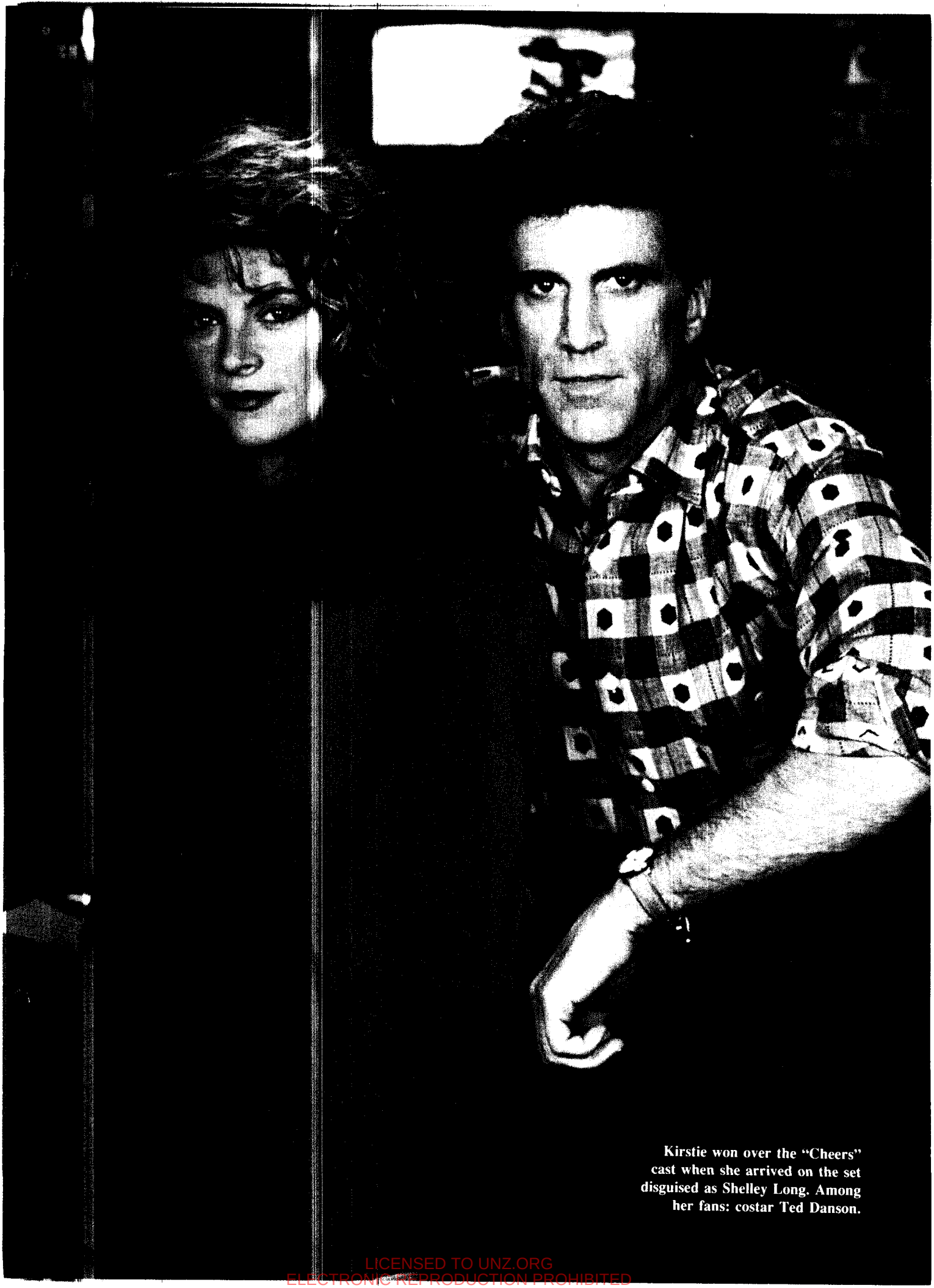

Kirstie won over the "Cheers" cast when she arrived on the set disguised as Shelley Long. Among her fans: costar Ted Danson.

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in the middle of one part is Don Ameche's autograph!"

How Alley and Stevenson came to live in it is another story. Their "courtship" would make a great script for a TV sitcom or a comedy flick. Nobody bothered to introduce the prime time players. Kirstie took care of that little matter herself. Never one to stand on ceremony, she was having dinner with the actress Mimi Rogers one night (before Rogers became Mrs. Tom Cruise), and across the crowded room, there he was, all blue-eyed and kind of daring and solid at the same time.

She picks up the story as the plot thickens. "He was with a blind date. And I thought I arranged what happened next, but he thinks he arranged it. I told some friends of mine to ask him to go dancing afterwards, and then when we got there, he didn't know I had set the whole thing up because I wanted to meet him."

She admits that things got off to a rocky start. "On our first date I said I will never go out with this guy again because I thought he was too conservative," she recalls. She giggles and again pushes back her thick mane. "A week later he took me to watch him race cars. And he got out of the car and he was really mad, and I thought, *Yeah! He has the fire!*"

***Look Who's Talking*, with Olympia Dukakis (above, right) and John Travolta, established Kirstie as a film comedienne and also gave her practice for the children she plans to have.**

That was a half dozen years ago, and today she claims she likes being married, especially to an actor, because "they're the only people who understand why you're gone till 2 o'clock in the morning and why you have to get up again at 4, and when you're shooting out of town and you're crazy and you come in and you've worked too much . . . they totally understand. You don't have to explain anything. If I was married to a librarian, I don't think he'd understand.

"I think three months is too long to be gone from each other. That's pushing it. So we go back and forth to each other's locations and make the effort to be with each other."

Among her locations were those of *Summer School*, with Mark Harmon; *Shoot to Kill*, with Tom Berenger; *Loverboy*, with Patrick Dempsey; and the current movie *Look Who's Talking*, with John Travolta.

And before her movie career was her TV period, in *A Bunny's Tale*, as Gloria Steinem; in *Prince of Bel Air*, a TV movie with Mark Harmon; as the corseted abolitionist in *North and South*, Books I and II; and . . . *ta da* . . . "Cheers." The latter came about because its creator-director, Jim Burrows, had seen her four years ago on stage, as Maggie in a local theater production of *Cat on a Hot Tin Roof*.

"I was kind of shocked when I was picked for the role," she says, "because nobody had seen me do comedy. I wondered, *Why me?*"

But the former Wichita resident quickly dispelled any qualms as to whether she'd be able to replace Shelley Long on the popular long-running show. As the uptight and beautiful manager of the famed Boston bar Cheers, she has been able to change the show without upsetting its balance. It's still in the top ten. And the chemistry between Rebecca and Ted Danson's sexy Sam Malone is still searing.

"He's real easygoing and easy to be around," Alley says of her popular costar. "He's goofy. It's very hard for me to be around actors who take themselves really seriously. Ted's not like that at all. He's very funny, and that makes him sexy. And he's a very good kisser."

When Shelley Long left the

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show to pursue a film career, replacing her was painless for the 33-year-old actress. Alley had no fear of being labeled as a TV actress "because I've gone back and forth between films and TV. I think Shelley is doing movies because she's a good actress. I don't think it's because she did TV or didn't do TV. I think good actors can do anything they want to do. When you hear actors say, 'You know, I just can't make that change over into film,' they can't act. They weren't that great on TV." And she laughs devilishly at her daring pronouncement.

But how did they change her character on "Cheers" after Shelley Long had made it her own for four years?

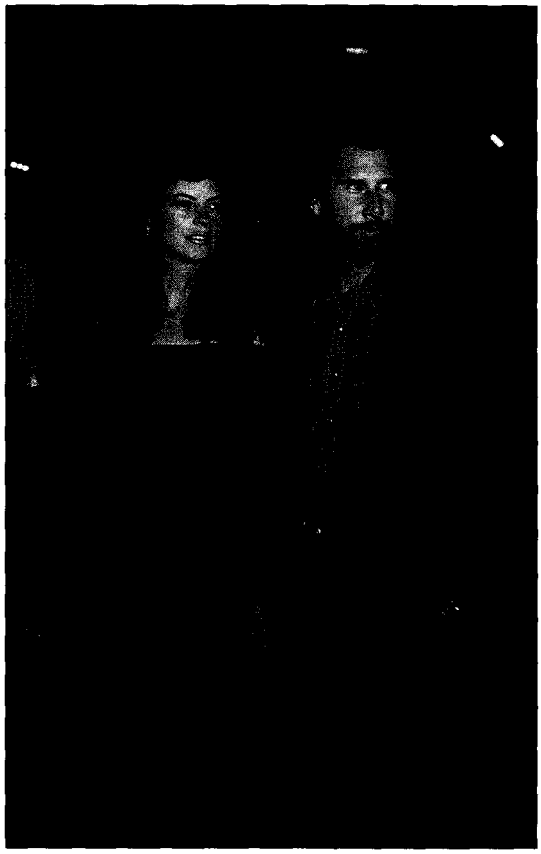
"They designed the role around me, with the same kind of quirks," she explains. "Becky likes to see herself as very powerful. But she's kind of on the outs with the corporation she works for. This is her last chance, so one part of her is competent and brave and successful. And the other side is totally neurotic. I wanted her to be very neurotic about physical things, about her body. A lot of women have serious hangups about their bodies."

Is Alley one of them?

With a smile and a wink of those eerie green eyes, she confides, "I get hangups about silly things. Like do I have a mustache or do I not? Or if I get something on my face, is it skin cancer? It's always something dramatic. Not so much are my thighs big, but goofy things. Are my fingers too wrinkly looking? Are my knuckles too big? I get obsessed with little things."

But Alley has no fear about big things involving danger . . . well, not much. A scene in *Look Who's Talking* called for a stunt double to hang precariously, à la Harold Lloyd, from a huge clock. Alley decided to try it herself. She was lifted by a crane and attached to the clock's ticking hands. "If she wasn't so terrified of heights," said the movie's writer and director, Amy Heckerling, "she might have had more fun up there."

Even though Alley's not in Kansas anymore, you can't take Kansas out of her. She speaks wistfully about her middle-class, conventional family life as the middle of three children. Her dad owned a lumber company and



As for her six-year-and-counting marriage to Parker Stevenson: "I love it," Alley says. "It's more than I had imagined it would be."

"loved to play poker three or four times a week. He likes very basic things. And I was always different than that. I always wanted fast cars, horses, land. I should have been on 'Dynasty,' " she says with a laugh.

Tragically, her mother was killed and her father seriously injured in a car accident the same week she landed her *Star Trek II* part as Lt. Saavik, Mr. Spock's protégé. One of her greatest regrets is that her mom never saw any of her real success. "She was a real character," Alley says lovingly. "She was funny . . . because she thought meat needed to be cooked well-done. And her pork chops were always bowed. And I'd bring boyfriends over and would be embarrassed because the pork chops looked like leather."

Kirstie spent time at both Kansas State University and the University of Kansas and was building a reputation as an interior decorator, but the acting bug was always there. "I always knew I wanted to act. I remember carrying around a picture of Linda Darnell when I was three years old, and I knew that was what I wanted to be."

She made it, and she's proud of her success—and of her husband's too.

Alley and Stevenson are a working family now: he on television's "Baywatch" and she on "Cheers." Same NBC network, and noncompetitive. Seems euphoric for this delightful actress-zookeeper, but she's well aware of the ebb and flow of the business, as well as the problems when a woman's career overtakes her husband's.

"I think you're both hot at different periods. You both make more money at different periods, different decisions. Parker's made decisions that he wants. He's changing from boy roles to man roles. There was a big difference in income when we were first together, and I just think it goes up and down. I don't take it too seriously. I have always had the goal to support myself in the manner that I was never accustomed to. If I was married to [arms dealer] Khashoggi, I wouldn't be a happy person unless I knew I could support myself the way I wanted to. I wanted to be able to buy my own house and do all of that, even if I was with someone else. And Parker's the same way," she says. "You know, he left home when he was 14 and bought his own cars and bought his own vacations and put himself through school. So we both have that thing of financial independence."

Married since 1983, she has changed her original ideas about what marriage is all about. "My parents were married for 35 years and loved each other madly, but they had a certain lifestyle. They ate dinner, then they ate Snickers and drank Cokes and watched TV, and they loved each other. And I thought that was the secret to marriage. Parker and I never lived together before we were married. So when I first got married I thought, *This is the shock of my life.*" She roars at the memory. "Because we were so different. And I thought, *This isn't what marriage is. This is weird.* And now it's more than I had imagined it would be. Now I love it. But then too, you know, it can go boom."

And with that the doorbell goes buzz. She spots a tourist bus outside.

"Who is it?" she asks.

"Does Don Ameche live here anymore?"

Her laughter fills the house and drowns out the squeals, squawks, and barks of the animals.

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The Splendid Outcast

Everyone at the auction knew that the stallion was a killer. Yet two men came forward to bid against each other.

By Beryl Markham

Illustrated by Stevan Dohanos

The stallion was named after a star, and when he fell from his particular heaven, it was easy enough for people to say that he had been named too well. People like to see stars fall, but in the case of Rigel, it was of greater importance to me. To me and to one other—to a little man with shabby cuffs and a wilted cap that rested over eyes made mild by something more than time.

It was at Newmarket, in England, where, since Charles I instituted the first cup race, a kind of court has been held for the royalty of the turf. Men of all classes come to Newmarket for the races and for the December sales. They come from everywhere—some to bet, some to buy or sell, and some merely to offer homage to the resplendent peers of the *General Stud Book*, for the sport of kings may, after all, be the pleasure of every man.

December can be bitterly cold in England, and this December was. There was frozen sleet on buildings and on trees, and I remember that the huge Newmarket track lay on the downs below the village like a noose of diamonds on a tarnished mat. There was a festive spirit everywhere, but it was somehow lost on me. I had come to buy new blood for my stable in Kenya, and since my stable was my living, I came as serious buyers do, with figures in my mind and caution in my heart. Horses are hard to judge at best, and the thought of putting your hoarded pounds behind that judgment makes it harder still.

I sat close on the edge of the auction ring and held my breath from time to time as the bidding soared. I held it because, at 19, the casual mention of 10,000 guineas in payment for a horse or for anything else seemed to me widely beyond the realm of probable things. For myself, I had 500 pounds to spend and, as I waited for Rigel to be shown, I remember that I felt uncommonly maternal about each pound. I waited for Rigel because I had come 6,000 miles to buy him, nor was I apprehensive lest anyone should take him from me; he was an outcast.

Rigel had a pedigree that looked backward and beyond the pedigrees of many Englishmen—and Rigel had a brilliant record. By all odds, he should have brought 10,000 guineas at the sale, but I knew he wouldn't, for he had killed a man.

He had killed a man—not fallen upon him, nor thrown him in a playful moment from the saddle, but killed him dead with his hoofs and with his teeth in a stable. And that was not all, though it was the greatest thing. Rigel had crippled other men and, so the story went, would cripple or kill still more, so long as he lived. He was savage, people said, and while he could not be hanged for his crimes, like a man, he could be shunned as criminals are. He could be offered for sale. And yet, under the implacable rules of racing, he had been warned off the turf for life—so who would buy him?

Well, I for one—and I had supposed there would not be two. I would buy if the price was low enough, because I had youth then, and a corresponding contempt for failure. It seemed probable that in time and with luck and with skill, the stallion might be made manageable again, if only for breeding—especially for breeding. He could be gentled, I thought. But I found it hard to believe what I saw that day. I had not known that the mere touch of a hand could, in an instant, extinguish the long-burning anger of an angry heart.

I first noticed the little man when the sale was already well on its way, and he caught my attention at once, because he was incongruous there. He sat a few benches from mine and held his lean, interwoven fingers upon his knees. He stared down upon the arena as each horse was led into it, and he listened to the dignified encomiums of the auctioneer with the humble attention of a parishioner at mass. He never moved. He was surrounded by men and women who, by their impeccable clothes and by their somewhat bored familiarity with pounds and guineas, made him conspicuous. He was like a stone of granite in a jeweler's window, and like a stone, he sat, motionless and gray, against the glitter.

You could see in his face that he loved horses—just as you could see, in some of the faces of those around him, that they loved the idea of horses. They were the cultists, he the votary, and there were, in fact, about his gray eyes and his slender lips, the deep, tense lines so often etched in the faces of zealots and of lonely men. It was the cast of his shoulders, I think, and the devotion of his manner that told me he had once been a jockey.

A yearling came into the ring and was bought, and then another, while the pages of catalogs were quietly turned. The auctioneer's voice, clear but scarcely lifted, intoned the virtues of his magnificent merchandise as other voices, responding to his magic, spoke reservedly of figures, "A thousand guineas . . . two . . . three . . . four!"

The scene at the auction comes to me clearly now, as if once again it

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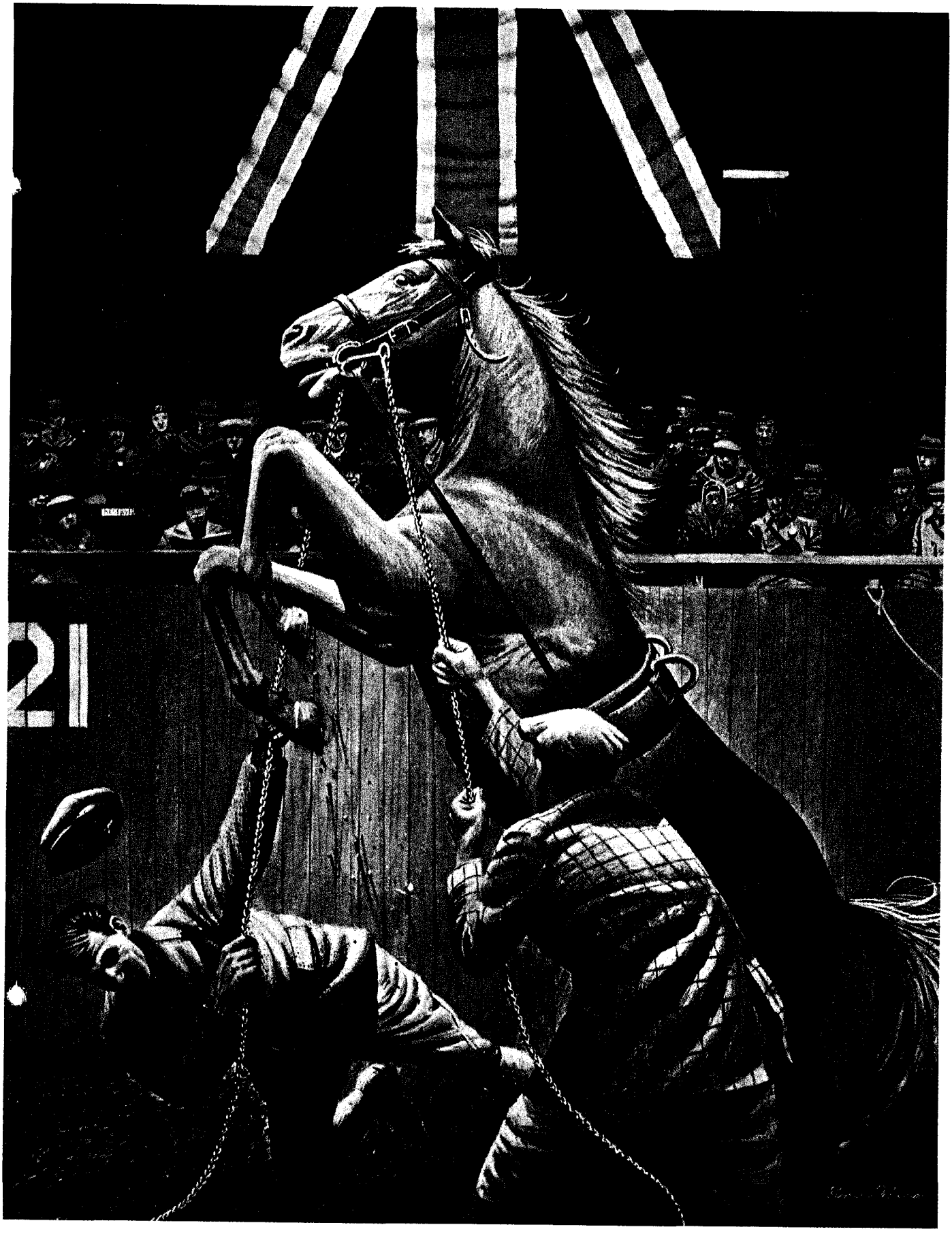

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were happening before my eyes.

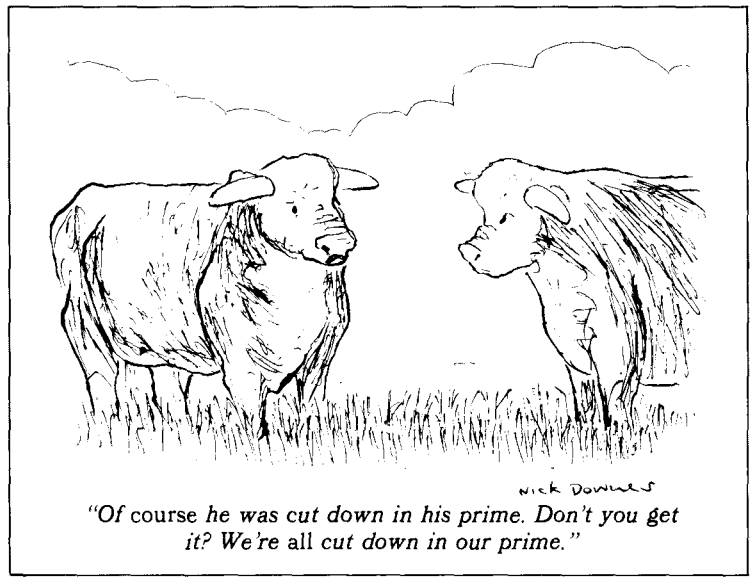
"Five, perhaps?" The auctioneer scans the audience expectantly as a groom parades a dancing colt around the arena. There is a moment of near silence, a burly voice calls, "Five!" and the colt is sold while a murmur of polite approval swells and dies.

And so they go, one after another, until the list is small, the audience thins, and my finger traces the name Rigel on the last page of the catalog. I straighten on my bench and hold my breath a little, forgetting the crowd, the little man, and a part of myself. I know this horse. I know he is by Hurry On out of Bounty—the sire unbeaten, the dam a great steeplechaser—and there is no better blood than that. Killer or not, Rigel has won races, and won them clean. If God and Barclays Bank stay with me, he will return to Africa when I do.

And there, at last, he stands. In the broad entrance to the ring, two powerful men appear with the stallion between them. The men are not grooms of ordinary size; they have been picked for strength, and in the clenched fist of each is the end of a chain. Between the chain and the bit there is on the near side a short rod of steel, close to the stallion's mouth—a rod of steel, easy to grasp, easy to use. Clenched round the great girth of the horse, and fitted with metal rings, there is a strap of thick leather that brings to mind the restraining harness of a madman.

Together, the two men start to edge the stallion forward. Tall as they are, they move like midgets beside his massive shoulders. He is the biggest thoroughbred that I have ever seen. He is the most beautiful. His coat is chestnut, flecked with white, and his mane and his tail are close to gold. There is a blaze on his face—wide and straight and forthright, as if by this marking he proclaims that he is none other than Rigel, for all his sins, for all the hush that begins to fall over the crowd.

He is Rigel and he looks upon the men who hold his chains as a captured king may look upon his captors. He is not tamed. Nothing about him promises that he will be tamed. Stiffly, on reluctant hoofs, he enters the ring and flares his crimson nostrils at the crowd, and the crowd is still. The crowd whose pleasure is the docile beast of pretty paddocks, the gainly horse of cherished prints that hang upon the best-hung walls, the willing winner of the race—upon the rebel this crowd stares, and the rebel stares it back.



"Of course he was cut down in his prime. Don't you get it? We're all cut down in our prime."

His eyes are lit with anger or with hate. His head is held disdainfully and high, his neck an arc of arrogance. He prances now—impatience in the thudding of his hoofs upon the tanbark, defiance in his manner—and the chains jerk tight. The long stallion reins are tightly held—apprehensively held—and the men who hold them glance at the auctioneer, an urgent question in their eyes.

The auctioneer raises his arm for silence, but there is silence. No one speaks. The story of Rigel is known—his breeding, his brilliant victories, and finally his insurgence and his crimes. Who will buy the outcast? The auctioneer shakes his head as if to say that this is a trick beyond his magic. But he will try. He is an imposing man, an experienced man, and now he clears his throat and confronts the crowd, a kind of pleading in his face.

"This splendid animal——" he begins—and does not finish. He cannot finish.

Rigel has scanned the silent audience and smelled the unmoving air, and he—a creature of the wind—knows the indignity of this skyless temple. He seems aware at last of the chains that hold him, of the men who cling forlornly to the heavy reins. He rears from the tanbark, higher and higher still, until his golden mane is lifted like a flag unfurled and defiant. He beats the air. He trembles in his rising anger, and the crowd leans forward.

A groom clings like a monkey to the tightened chain. He is swept from his feet while his partner, a less tenacious man, sprawls out ignobly below, and men—a dozen men—rush to the ring, some shouting, some waving their arms. They run and swear in covered voices; they grasp reins, chains, and rings, and swarm upon their towering Gulliver. And he subsides.

With something like contempt for this hysteria, Rigel touches his forehoofs to the tanbark once more. He has killed no one, hurt no one, but they are jabbing at his mouth now, they are surrounding him, adding fuel to his fiery reputation, and the auctioneer is a wilted man.

He sighs, and you can almost hear it. He raises both arms and forgoes his speech. "What," he asks with weariness, "am I offered?" And there is a ripple of laughter from the crowd. Smug in its wisdom, it offers nothing.

But I do, and my voice is like an echo in a cave. Still there is triumph in it. I will have what I have come so far to get—I will have Rigel.

"A hundred guineas!" I stand as I call my price, and the auctioneer is plainly shocked—not by the meagerness of the offer, but by the offer itself. He stares upward from the ring, incredulity in his eyes.

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He lifts a hand and slowly repeats the price. "I am offered," he says, "100 guineas."

There is a hush, and I feel the eyes of the crowd and watch the hand of the auctioneer. When it goes down, the stallion will be mine.

But it does not go down. It is still poised in mid-air, white, expectant, compelling, when the soft voice, the gently challenging voice is lifted. "Two hundred!" the voice says, and I do not have to turn to know that the little jockey has bid against me. But I do turn.

He has not risen from the bench, and he does not look at me. He holds a sheaf of bank notes. I can tell by their color that they are of small denomination, by their rumpled condition that they have been hoarded long. People near him are staring—horrified, I think—at the vulgar spectacle of cash at a Newmarket auction.

I am not horrified, nor sympathetic. Suddenly I am aware that I have a competitor, and I am cautious. I am here for a purpose that has little to do with sentiment, and I will not be beaten. I think of my stable in Kenya, of the feed bills to come, of the syces to be paid, of the races that are yet to be won if I am to survive in this unpredictable business. No, I cannot now yield an inch. I have little money, but so has he. No more, I think, but perhaps as much.

I hesitate a moment and glance at the little man, and he returns my glance. We are like two gamblers bidding each against the other's unseen cards. Our eyes meet for a sharp instant—a cold instant.

I straighten and my catalog is crumpled in my hand. I moisten my lips and call, "Three hundred!" I call it firmly, steadily, hoping to undo my opponent at a stroke. It is a wishful thought.

He looks directly at me now, but does not smile. He looks at me as a man might look at one who bears false witness against him, then soundlessly he counts his money and bids again, "Three fifty!"

The interest of the crowd is suddenly aroused. All these people are at once conscious of being witnesses, not only before an auction, but before a contest, a rivalry of wills. They shift in their seats and stare as they might stare at a pair of duelists, rapiers in hand.

But money is the weapon, Rigel Rigel takes care of that.

"Miss Johnson, have you checked my speech for typos?"

The little jockey has listened to my last offer, and I can see that he is already beaten—or almost, at least. He has counted his money a dozen times, but now he counts it again, swiftly, with agile fingers, as if hoping his previous counts had been somehow wrong.

I feel a momentary surge of sympathy, then smother it. Horse training is not my hobby. It is my living. I wait for what I am sure will be his last bid, and it comes. For the first time, he rises from his bench. He is small and alone in spirit, for the glances of the well-clad people about him lend him nothing. He does not care. His eyes are on the stallion and I can see that there is a kind of passion in them. I have seen that expression before—in the eyes of sailors appraising a comely ship, in the eyes of pilots sweeping the clean, sweet contours of a plane. There is reverence in it, desire—and even hope.

The little man turns slightly to face the expectant auctioneer, then clears his throat and makes his bid. "Four eighty!" he calls, and the slight note of desperation in his voice is unmistakable, but I force myself to ignore it. Now, at last, I tell myself, the prize is mine.

The auctioneer receives the bid and looks at me, as do a hundred people. Some of them, no doubt, think I am quite mad or wholly inexperienced, but they watch while the words "Five hundred" form upon my lips. They are never uttered.

Throughout the bidding for Rigel, Rigel has been ignored. He has stood quietly enough after his first brief effort at freedom; he has scarcely moved. But now, at the climax of the sale, his impatience overflows, his spirit of fire flares like fire, his anger bursts through the prize. And prize enough, I think, as does my adversary.

I ponder and think hard, then decide to bid 100 more. Not 20, not 50, but 100. Perhaps by that I can take him in my stride. He need not know that there is little more to follow. He may assume that I am one of the casual ones, impatient of small figures. He may hesitate, he may withdraw. He may be cowed.

Still standing, I utter, as indifferently as I can, the words, "Four fifty!" and the auctioneer, at ease in his element of contention, brightens visibly.

I am aware that the gathered people are now fascinated by this battle of pounds and shillings over a stallion that not one of them would care to own. I only hope that in the heat of it some third person does not begin to bid. But I need not worry;

continued on page 102

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LIGHT FANTASTIC HOOFERS

Geek dancing is two ill-builts—kind of fat and homely—waddling out on the floor and waltzing like angels.

by Robert Fulghum

Do you know about geek dancing? (No, that's not a mistake in spelling. Not Greek but *geek* dancing.) Actually, *geek* is in the dictionary. It refers to a carnival performer whose act consists of doing weird things. Biting the head off a live chicken, for example. In current slang, a geek is someone who looks as if he might be capable of doing something like that. A person who bears watching. I hear young people using the word to describe anybody who is older and independent in lifestyle. There is a kind of compliment implied. It means you're a little strange, but interesting.

I guess it's true. A lot of us older types are a bit geeky. At some point your genetic code presses a switch in your head. You look in your closet to dress for the day and you say to yourself, *Who cares?* You reach the point somewhere around 60 when you decide to just go ahead and weird out. You start out the door in your house slippers, headed for the grocery store, and you don't go back and change into shoes. Or you go out to the mailbox in your bathrobe—your oldest, sleaziest, comfiest bathrobe—and don't give a d— who sees you. Or when someone rings the doorbell, you don't check in the mirror to see how you look. You just open the door. It's their problem, whoever they are. So you aren't color coordinated anymore. So? So you don't make your bed every day. So? Your life becomes like your old car—just as long as it runs and gets you there, who cares how it looks? Some people call this going to seed. Others call it the beginning of wisdom. Take your pick.

But I was talking about geek dancing.

• • •

When I get down and my life is log-jammed and I need some affirmative action, I go where people dance. I don't mean joints where people go to get crocked and then wobble around on the floor to music. I mean places where people who really like to dance go to do that. I like dancers. Never met a serious dancer who wasn't a pretty fine human being. And I enjoy the never-ending pleasure of being surprised by just who dancers are. It does me good to see a couple of ill-builts—kind of fat and homely and solemn and all—get up on the floor and waltz like angels. When I see people like that on the street and start to look down my nose at them, a better voice in my head says, *Probably dancers,* and I feel better about them. And me.

Anyhow. About geek dancing.

My favorite place, the Owl Tavern, has traditional jazz on Sunday nights from 6:30 to 9:30. The geek band plays swing music of Chicago and New Orleans from the good old days. Most of the people who show up are over 40, blue-collar, one-beer types who have to be at work on Monday at 7:30. Not what you'd call a rowdy crowd. Dancers is what you'd call them.

I like to look around and find the king-hill champion geek for the evening. An old gray wearing invisible house slippers and his bathrobe. Balding, white hair, short, wrinkled. The kind who sort of lists to port when he walks. One who you might think was strictly nursing home material if you saw him at a bus stop. But you see him here. And you know. A dancer. A dancing geek.

And he usually has his wife, the geekess, with him. A bit younger, always fluffed up a bit for dancing and has been for 50 years. Check her shoes. If they are black with mid-heels and a strap across the instep, it's a sure bet what she came for and what she is going to do.

The music cranks up, and he takes her by the hand and kind of limps onto the floor. It's an act, just to set you up. And then it happens. She steps into a permanent spot formed by his embrace, the years fall away, and once again Cinderella and the Prince move to the music in the room and the music in their hearts. It takes about 40 years to dance with a partner this way. Such ease, such grace, with all kinds of little moves that have been perfected without words. He dances flat-footed and with an economy of motion. She responds to unseen suggestions to twirl out and around and back. Their eyes meet from time to time, and you know that you're seeing a pretty happy marriage there on the floor. You'd have to love someone a long time to do what they're doing.

Sometimes the old geek asks another lady to dance. And somebody usually asks the geekess. They make whoever they are dancing with look pretty good. And feel pretty nice, too, I bet. An 81-year-old geekess once asked me to dance on such an evening. I gave her my best, and she stayed right with me. "You are real good, honey," she said as I escorted her to her seat. I lived off that compliment for a week.

I want to be, and I fully intend to be, an old geek dancer. And my geekess and I are working on our dance routine. I realize that is a public responsibility: to help everybody stay young as long as they can. To set good examples. And I don't want to die quietly in my bed, either—but at the end of the last dance some lovely night, sit down in a chair, smile, and pass on.

All this reminds me of something I heard about the Hopi Indians. They don't think there is much difference between praying and dancing—both are necessary for a long life. They should know, I guess; they have been through a lot and are still around. They say that to be a useful Hopi is to be one who has a quiet heart and takes part in all the dances. Yes.

From the book It Was on Fire When I Lay Down on It, *by Robert Fulghum, © 1988, 1989 by Robert Fulghum, reprinted with the permission of Villard Books, a division of Random House, Incorporated.*

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ROBERT SCHULLER ON SEX AND INTIMACY

Marriage is the key to better health, says television's premier positive thinker, who has been fit and faithful for 40 years.

by Robert H. Schuller

"Thou shalt not commit adultery." This sizzling sentence is not intended to take the joy out of our sex lives, but to put more pride and pleasure into our sexual activity by protecting us, first of all, from shame and low self-esteem, then from alienation, bitterness, cynicism, fear, and finally—loneliness!

If sexuality serves to inflate your unredeemed ego merely by counting or weighing your "scores" or "conquests," your self-esteem is on a self-destruct path. But if sexuality is channeled to experience and enrich a beautiful love life, then it can, in fact, be a positive and genuinely pleasurable experience.

What's so great about a solid commitment made by partners in love? To answer this question, check these values: 1) secrecy; 2) right to privacy; 3) human dignity; 4) ultimate pleasure; 5) healthy intimacy; 6) the possibility of perpetuity. All of these six human values are interrelated in sexual activity:

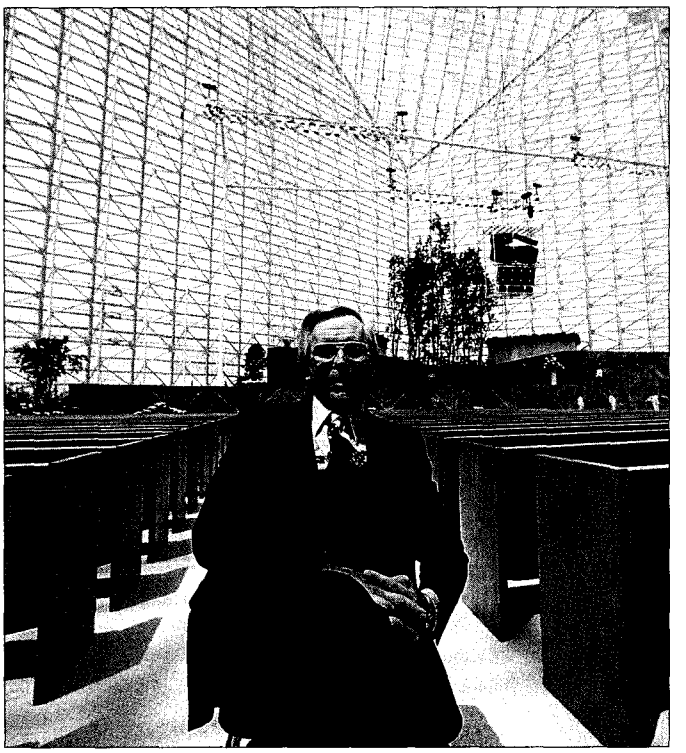
1. *Intimacy* isn't possible if you have any reason at all to suspect that your sex secrets will be unwillingly exposed. Happy are the couples that collect exciting, safe secrets in their memories!

2. You cannot have the assurance of unbroken confidentiality unless your *right to privacy* is guaranteed.

3. If your sex life is not secured by a binding guarantee to privacy, your *human dignity* will be terribly vulnerable to embarrassing exposure. Under this threatening possibility you'll fail to experience . . .

4. *Ultimate pleasure.* The fun of sex will be diluted by fear of possible embarrassing revelations. Even if you are sure that you have taken careful precautions to guard your shadowy secret from shameful detection, you will still not dare to "tell all" to your uncommitted lover. And *ultimate pleasure cannot be experienced without unrestricted intimacy.*

5. *Healthy intimacy* is where great sex really happens: when and where the lover is allowed to enter every room and any closet in the mansions of your soul! Only then, at the subconscious level, will there be true and total freedom! Only a secure subconscious allows wild abandon, which triggers stimulating spontaneity! Now you're free to fully enjoy total, unalloyed sexual joy.



Possibility thinking powered the Schuller move from an Iowa farm to building California's Crystal Cathedral.

6. All of the above five principles work well, of course, when there is an underlying *possibility of perpetuity.* Young lovers walk hand in hand, fingers interlocked. Positive feelings are aroused. Passions are ignited. *They want this to last forever.*

Great! Then the first wise step is to *plan to take steps to safeguard the possibility of perpetuity.* To neglect this first step before going all the way may weaken, at the outset, the incentive and resolve to make a commitment to continuity. Remove or ignore this primary principle, and principles 1-2-3-4-5 listed above become virtually impossible!

Studies indicate the maximum pleasure in sex is only possible in a context of the trust that only comes with a true, total, trusted commitment to continuity. "Till death us do part" is a setup for super sex. Yes, few, if any, human pleasures match the joy of sex, providing it is "safe sex," which means something more than protection from sexually transmitted disease. Almost as important—perhaps more important—is safety from any form of blackmail, extortion, or embarrassing reports that could devastate valued professional or personal relationships. No wonder the human being finds secure and safe sex in monogamy.

What does the future hold for marital fidelity? Good news! Marriage will never go out of style. Cultural cycles may arise declaring the law against adultery old-fashioned. Liberated people will race to explore new frontiers of sexual freedom. But human nature will examine the classic pleasure guaranteed by privacy. And once again, the discipline of fidelity will be welcomed back into the culture. And a new cycle of delightful morality is resumed. For marriage—faithfulness between bonded and committed lovers—not only maximizes the joy in sex by

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making real love possible, but enhances self-esteem as well. This, in the final analysis, is the Big Pay-off!

In an adulterous relationship, on the other hand, sexuality separated from a commitment to continuity fails at this crucial point: *total knowing*. The result? A shallow relationship that will be interlaced with hollow promises and hypocritical platitudes!

Intimacy is the key to love, self-esteem, and joy. Mind you, you can be totally undraped in body, but if you have kept your emotions shielded and haven't really bared your innermost feelings, you have not experienced intimacy.

You'll miss out on *totally knowing* this person and perhaps, in the deceptive, dishonest dance, miss out on knowing yourself too. Intimacy only happens when first you feel safe enough to expose yourself completely at every level—physically, emotionally, and spiritually.

Do you dare to know the real you?

Are you afraid to find out who you really are?

Is this another reason why people fear intimacy? How wonderful it is to have one essential friend you can trust, one who will promise to love you, "for better or for worse," one who will promise to build you up and help you become a more beautiful person even when that friend discovers your secret shortcomings.

The first reward of intimacy is a love that cures loneliness.

There is no doubt that every man and every woman needs intimacy. We all need that *one essential friend* to explore intimacy's great possibilities. When we find that friend, we will replace loneliness with authentic love.

What a prescription for true joy! Daring to be intimate, you will really enjoy *true love*! Your dignity is affirmed! It's possible to love yourself when you are loved by someone who will always respect and never betray your intimacies.

Yes, we all need to be affirmed, valued, and respected as unique, distinctive persons. Self-esteem is our deepest emotional need, and love sustains it. That's why we all seek desperately to be loved. When we're loved, we're filled—full. Now we have something we can give away—love. The empty cup can give nothing. The full cup has much to share. The

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HANDLE WITH PRAYER

"Here's a good line," quips TV's "Hour of Power" host Robert Schuller, holding up one finger to indicate he's about to impart something quotable. "Being single is a dangerous occupation." He waits for the impact of his words to settle in, grins, and offers an explanation: "I tell people that I practice safe sex . . . which is sex within marriage. My wife and I will have been married 40 years next June. It's downright dangerous to be single these days."

The topic of conversation—sex and intimacy—is one of several contemporary issues explored in Schuller's latest book, his 28th, *Believe in the God Who Believes in You*. An updated look at the Ten Commandments, it's full of Schullerisms—puns ("handle with prayer"), rhymes ("twinkle wrinkles"), alliteration ("devine design"), and exclamation points (!!!). The total package is breezy reading with a separate chapter devoted to each commandment. The goal of the book, according to its author, is to show that "the ancient code is the modern road to self-respect."

"I have never put so much into a book," Schuller says. "And it wasn't work, it was just plain fun. I took a yellow legal pad and a ballpoint pen, and I wrote, word for word, line for line, what eventually added up to 300 pages. Then I rewrote it and rewrote it. What makes this book so special is that I've been studying the subject for 25 years and it's the culmination of the best insights that I have gleaned from all of the research."

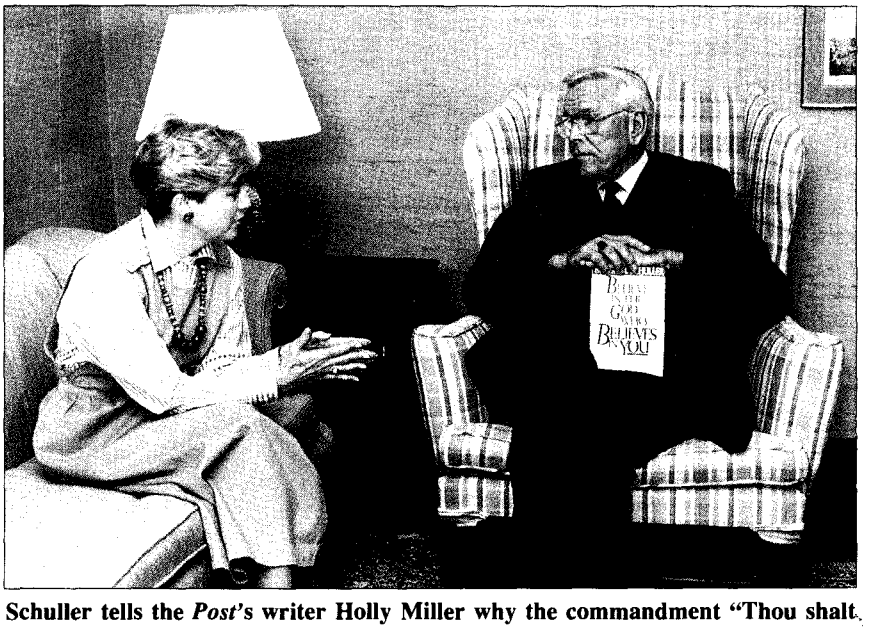
He acknowledges that he has caught considerable flak over the years for his be-happy attitude and his belief in what he calls the theology of self-love or self-esteem. His critics claim that anything related to "self" smacks of pride, and pride is a sin.

"I came to the conclusion that people weren't hearing what I was saying," he surmises. "They were misinterpreting my message. So I thought, before I die I'm going to deal with the subject once more and call it self-respect. Can you fight that? I wanted to write the last word on the theology of human dignity. My editor agreed that I was onto something and suggested that I could show how the Ten Commandments are the pathway to self-respect."

Schuller's hopes are high that the book will top the bestseller list, and he's making the rounds of the talk shows to give it a good send-off. Parts of the book contain writing he doubts he can match in the future ("Inspiration! I don't know where it came from!"). And his ultimate goal is lofty.

"My hope is that as a result of this book there will be a revival of religion based, first of all, on the Ten Commandments," he says. "Religious institutions in the West have broken down because religion has been presented too negatively. If people realize that the Bible is positive, then religion will grow."

—Holly G. Miller



Schuller tells the *Post*'s writer Holly Miller why the commandment "Thou shalt not commit adultery" has been a health necessity since Biblical times.

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Get a healthy start on the new year with some delicious new party dishes.

These party appetizers have everything going for them, including the guests. They're low in calories, easy to make ahead of time (in no time), and deliciously spiced to celebrate the season.

All on the silver platter, the festive colors shine in our photo. At the top are Cajun shrimp (weighing in at 25 calories per extra-large shrimp), marinated briefly in a nippy mixture of lime juice, ground red and black peppers, and thyme leaves. The shrimp are "sautéed" quickly until they just turn pink, then covered and refrigerated (make up to one day ahead). Serve with lime wedges.

At lower right is a bright red pepper pesto from jarred roasted red peppers. Give it a Southwestern tang with chili powder and garlic and onion powders, and store it, covered, in the refrigerator for up to a week. At serving time, spoon the pesto into green bell pepper halves for use as a dip (a tablespoonful is a mere eight calories).

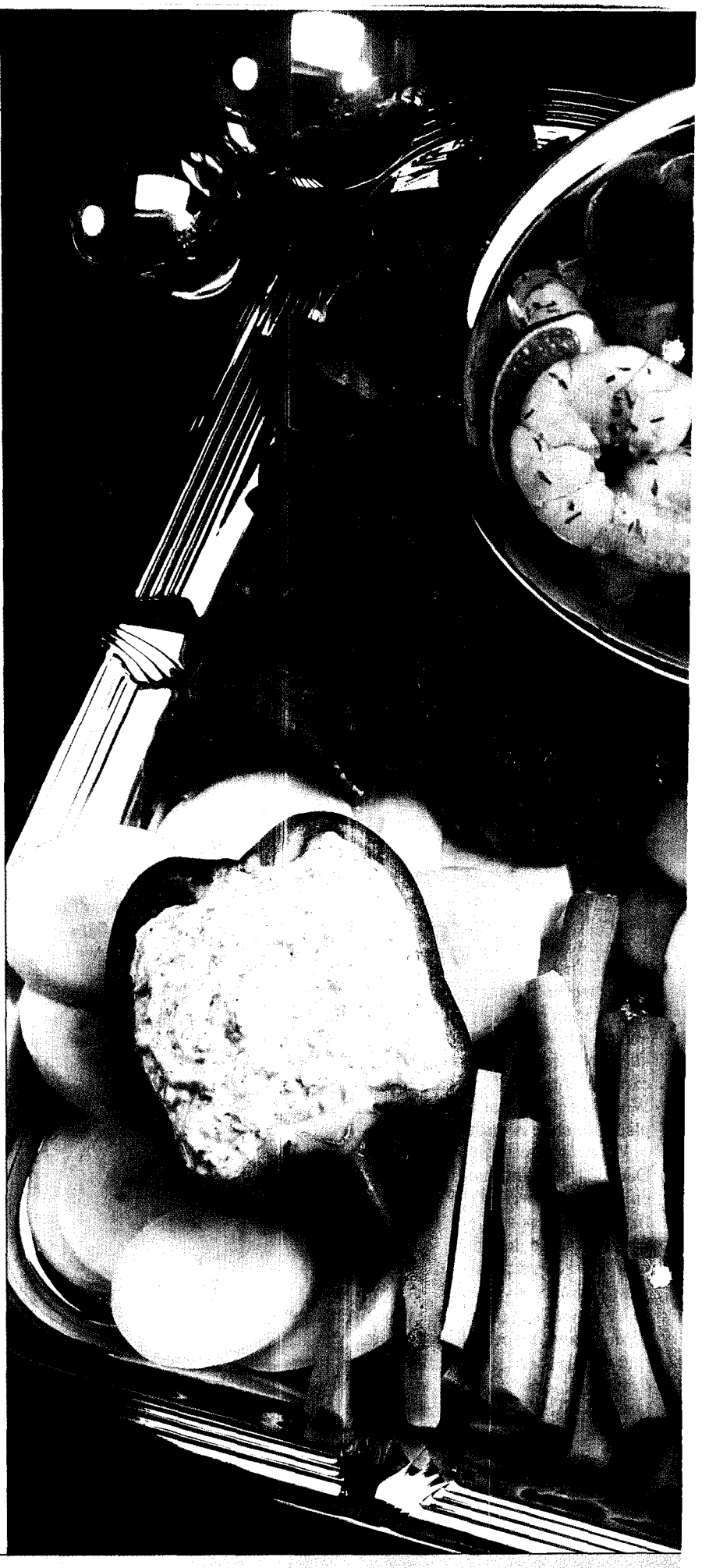
Making your own cheese-like dip (at left) from nonfat yogurt is another simple trick. Just follow the directions in the recipe, and give the mixture a good spicing with dill weed, garlic powder, onion powder, and ground black pepper. Serve in red bell pepper halves or in a colorful bowl as a spread for fresh vegetables or low-calorie crackers. Help yourself—only 24 calories in a tablespoon.

Cajun Marinated Shrimp

(Makes 17 appetizers)

1 pound extra large shrimp, shelled and deveined
1 tablespoon lime juice
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon crushed thyme leaves
1/4 teaspoon salt, if desired

Snacks for the '90s: Cajun Marinated Shrimp, Easy Red Pepper Pesto, Herbed Yogurt Cheese.



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1/8-1/4 teaspoon ground red pepper
1/8 teaspoon ground black pepper

In medium bowl toss shrimp with lime juice. In custard cup combine garlic and onion powders, thyme, salt, and red and black peppers. Sprinkle spice mixture over shrimp; stir to coat shrimp evenly. Spray large skillet with nonstick cooking spray; heat until hot. Add shrimp; cook and stir until shrimp are pink, about 3 minutes.

Place shrimp in serving bowl; cover and refrigerate until cold, about 1 hour. Just before serving, garnish with lime wedges, if desired. This recipe may be doubled.

Easy Red Pepper Pesto
(Makes 1 cup)

2 jars (7 oz. each) roasted red peppers
2-3 teaspoons chili powder
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon salt, if desired

In strainer drain red peppers well; pat dry with paper towels. In bowl of food processor fitted with metal wing blade, combine peppers, chili powder, garlic and onion powders, and salt; process until smooth, about 15 seconds. Spoon into serving dish. Serve with sliced raw vegetables or low-calorie crackers, if desired.

Herbed Yogurt Cheese
(Makes 1 cup)

2 containers (8 oz. each) plain nonfat yogurt
1/4 cup reduced-calorie mayonnaise
1 tablespoon crushed dill weed
3/4 teaspoon garlic powder
3/4 teaspoon onion powder
1/8 teaspoon ground black pepper
1/8 teaspoon salt, if desired

Line large strainer with 20" x 18" double thickness piece of cheesecloth; place strainer over large bowl; set aside. In another bowl combine yogurt, mayonnaise, dill, garlic and onion powders, black pepper, and salt; spoon mixture into prepared strainer. Pull up corners of cheesecloth; twist corners together so yogurt mixture is completely covered with cheesecloth. Place in refrigerator until liquid has drained into bowl and yogurt is of spreadable consistency, about 24 hours.

To serve: Remove Herbed Yogurt Cheese from cheesecloth; place in small bowl. Discard cheesecloth and accumulated liquid. Serve Herbed Yogurt Cheese with raw vegetables or low-calorie crackers.

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ROAD'S SCHOLAR

When the one with the mildewed road map yells "Turn left right here!" the one holding the steering wheel has every excuse for ending up in someone's driveway.

by Maynard Good Stoddard

Illustrated by Don Trawin

When traveling by automobile, my wife and I share the driving. I operate the steering wheel, and she tells me when to turn it and in which direction.

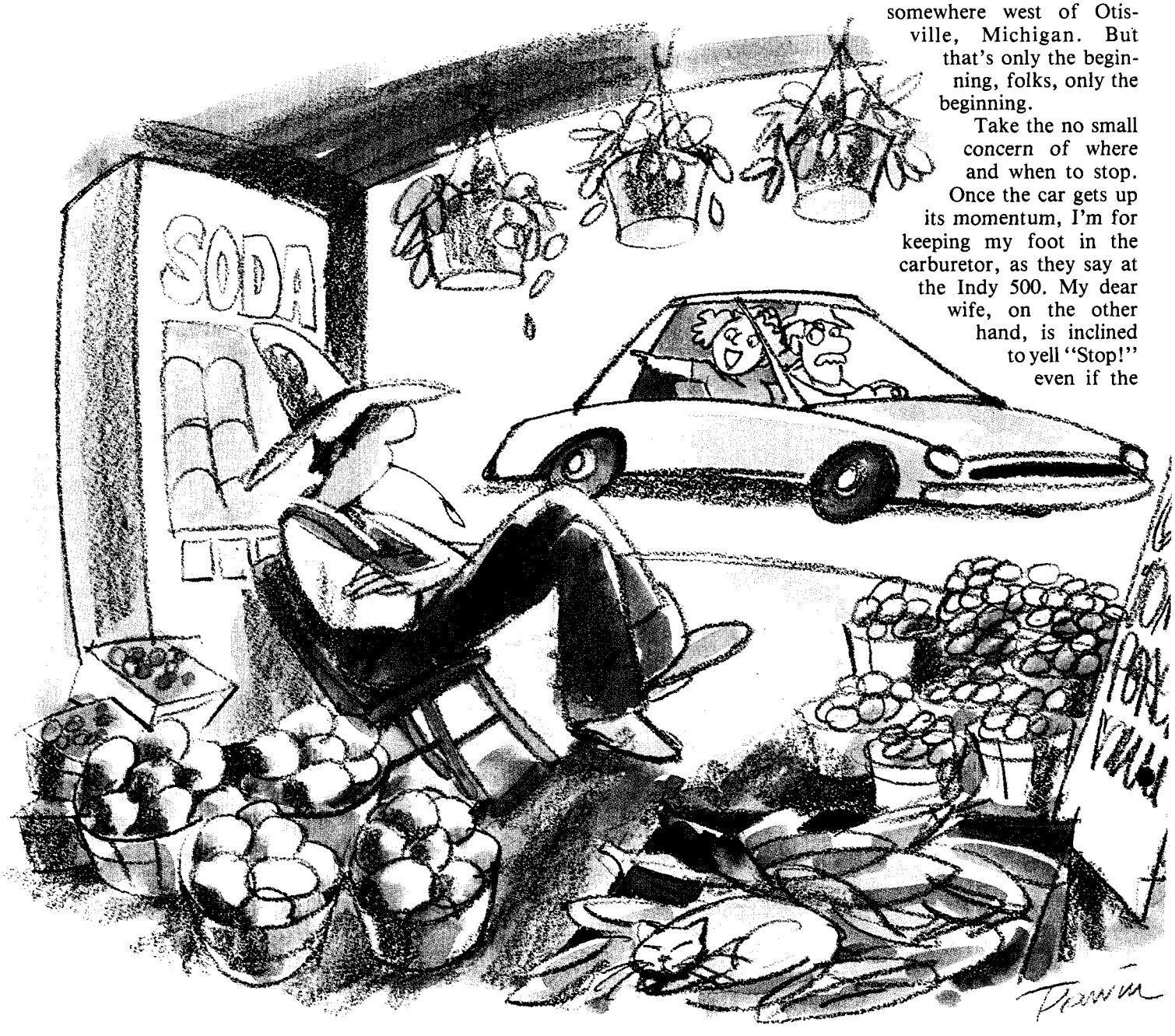
The authority for her decisions varies between intuition and an outdated road map. For accuracy, there's very little difference.

Take the time we were making our annual winter pilgrimage to the warmth of Florida sunshine from the chilly climes of Indiana. Traveling by night, I at the wheel, she, exhausted from giving directions, lying on the back seat. We had no more than crossed the state line into Georgia than she rose out of a sound sleep and said, "Turn here!"

Programmed as I am to following orders, I turned there. Along about dawn I came to a road sign that read "Toledo 187 Miles."

As for the road map, thanks to its faded lines, I was recently directed to take a road that, only ten miles farther on, petered out in a cornfield somewhere west of Otisville, Michigan. But that's only the beginning, folks, only the beginning.

Take the no small concern of where and when to stop. Once the car gets up its momentum, I'm for keeping my foot in the carburetor, as they say at the Indy 500. My dear wife, on the other hand, is inclined to yell "Stop!" even if the



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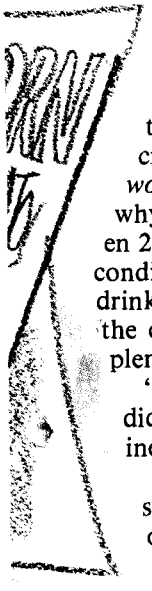
poor car has yet to arrive at the driving gear from our last stop. Let her spot a flea market, a garage sale, or a roadside stand, and just forget gas consumption, forget wear and tear on the brake lining and on the driver's equilibrium—it's screeching-halt time again.

Usually she is content just to squeeze the peaches or compare other people's junk with our junk back home. But one year on our return trip from Florida she did buy something. A concrete birdbath. Took three men and a boy to wrestle 60 percent of it into the car trunk. And I drove from just south of Cave City, Kentucky, to Indianapolis with the front wheels barely touching the pavement. My abdomen still bears stretch marks from having to unload the thing all by myself, dear wife being occupied in showing me where to put it.

Our travels are further enlivened by controversy over the air conditioner. Dear wife has this theory: If you've got it, use it, or what good is it? I'm of the old school that says if you've got it, save it, in case the car should catch on fire and you *have* to use it.

My dear wife, you see, couldn't care less that the air conditioner cuts gas mileage by some five miles per gallon. I have yet to see her leap out at a service station brandishing her billfold. If she leaps out at all it's to go to the restroom—and maybe come back with a can of Dr. Pepper. A mile or so down the road, the thought may cross her mind: *Perhaps he would like a snort.* Why no, why would a man who has driven 200 miles in a car with the air conditioner off want a cold drink? Just licking the sweat off the outside of the can would be plenty, thank you.



"If you wanted some, why didn't you buy some?" she will inevitably ask.

"Because I was trying to save money by pumping our own gas," I will respond. Which brings us back to the air-conditioning contest.

"But I'm in the sun," she argues, mopping her brow with a towel she always keeps handy.

"So stick your mildewed road map in the window," I suggest. But will she do it? Of course not. She might miss a flea market, a garage sale, or a roadside stand. She prefers to begin swabbing the back of her neck and trying to wring out the towel. At which I break down and give her a few miles of bi-level.

When such occurrences occur over a number of trips, a man can still retain his normal good nature. But when they all come together on a single outing, as they recently did on our return to Freedom (Indiana) from our vacation at Sages Lake (Michigan)—well, let's just say I haven't been quite right since.

"From the lake, we can take either 13 or 33 south," she said, studying her mildewed map. "Route 33 is an artery; route 13 is a vein." "Whadaya mean, a vein?" I naively inquired....

What got us started off nicely on the wrong foot was the choice of roads. I was for taking the direct route, superhighway 69. Her argument was, we had come up 69 before and it was so monotonous—meaning no flea markets, no garage sales, no roadside stands. She was for going via Lake Wawasee, 25 miles directly out of the way. Why? Because we had been residents of Indiana for 35 years and had never seen the state's largest lake. She made it sound as if we'd spit on the flag or tossed mom's apple pie to the swine.

"From the lake, we can take either 13 or 33 south," she said, studying her mildewed map. "Route 33 is an artery; route 13 is a vein."

"Whadaya mean, a vein?" I naively inquired, taking a firmer grip on the wheel.

"Red roads are arteries," she explained, "and blue roads are veins."

Would you believe it, folks? For all of my years I never knew that.

Our first real skirmish waited until I was about to turn off artery 6 onto artery 13. My dear wife, you see, has reached that age when she has begun to mumble. I can hear as well as I ever did, but constant use during our marriage has weakened her voice box.

"Turn left," I thought I heard her mumble.

"Left?" I asked.

"Right," she said.

So I turned right. And drove at least a mile, while she enjoyed every minute of it, before she got around to informing me that she had said to turn left.

Eventually we reached the lake, and because I always brake for girls in eye-patch bikinis, we were running late by the time I had stopped to let the last covey cross the road in front of us. Then I had no more than revved the car up to 55 than dear wife looked up from her map and delivered another muddled line.

"Turn left right here," she said.

Before I could collect my wits—what was left of them by this time—I had turned into a driveway and the owner was coming out of his house to see what we wanted. Luckily, he was selling handcrafted hamster cages. To save my dear wife embarrassment, I backed out with an $18.95 hamster cage adorning the back seat.

"I meant left at the next corner, of course," she said huffily and didn't speak to me again until we hit the detour. It was the best part of the trip.

Had I been single or divorced, or if wife and I had taken separate vacations (now *that's* an idea), I wouldn't have taken the detour. If "Local Traffic Only" could get through, surely a car from Freedom could get through.

"The detour is a tarred road," dear wife pointed out. I had to open my big mouth and asked how she knew that. "Because it's a black road on the map," she explained. "Black roads are always blacktop."

I was certainly learning a lot this late in life.

It wasn't until the black road had grass growing between the tracks that I suggested maybe the map maker should have used green ink.

"As long as we are going south, it doesn't matter," came the curt reply.

A few miles farther down this lane, I had the pleasure of pointing to a sign that indicated we were going west, not south.

"Well, the sign is wrong," she stated, beginning to mop her brow.

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MY LIFE AS A WHITE HOUSE SPEECHWRITER

He was a ham—one-liners, accents, the works.
She was wry—a high-tone ex-newswriter for Dan Rather
who fondly remembers the Great Communicator.

by Peggy Noonan

Introduction: Peggy Noonan, the speechwriter who so cleverly put words into the mouths of presidents Reagan and Bush, has as cleverly put words into *What I Saw at the Revolution*, to be published in February by Random House, about her days at the White House.

Asked by a presidential staff member why she had left CBS, where she worked for Dan Rather's award-winning show, Noonan impudently replied, "Because I'm stupid and I had no future at CBS." The real reason remained to be offered by a White House aide: "She likes Reagan."

Liking the President was one thing, getting to meet him quite another. She did, she writes, finally see his foot through an open door, and she describes the scene in detail. Upon asking a fellow writer how long since he had met with Reagan, she got the answer, "More than a year. . . . We see him all the time. And we wave to him."

Noonan takes us into her small office with its hissing radiator, its broken chair, its bookcase with water stains in the Executive Office Building. Here she prepares for her assignment as woman speechwriter for the President by reviewing speeches of presidents past—concentrating on FDR: "All those head-wagging sentences, rounded, declarative,

After four months at the White House, Peggy Noonan finally met the President: " 'Hello!' you say, smiling, as he puts out his hand. As your hands touch and then clasp, you think: I am standing here shaking hands with the President of the United States, right now, this second. *The thought so takes you that you forget to let go. He lets you keep shaking. He is used to this. He rarely lets go first."*

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naturally written and naturally voiced . . . discoursing on the world, spinning the globe in his mind, putting a finger on the spot and looking down. . . ." That, she decides, is the way Reagan should sound.

Upon settling in, Noonan found herself in a place where it was hard to make friends. It proved much easier to make enemies and bad impressions on important people. Maureen Reagan, for one. Noonan was criticized for her clothes, "long black skirts and soft black boots." For her hair, "long, free flowing." For drinking wine. For tardiness.

But not to feel sorry for this stranger from New York facing the wilds of Washington, D.C., where, after work, "people go home and fall asleep at 11:03 and get up at 5:45 and go jogging and then they eat cereal with the kids and correct their homework at the table and come in at 7:15 with their briefcase and say, 'Good morning, what can we do to advance traditional values today?' "

At the time, she writes, she was getting used to "the authentic sound of the Reagan Revolution buzzing around me. It was music to my ears. All those intelligent, well-motivated people talking about important things and trying to understand America. It was music."

One sour note, however, came from the East Wing of the White House, occupied by the staff of the First Lady. Would Peggy Noonan come over and work on a speech for her? Against her will but with the promise it would be a one-time assignment, "I wrote a nice bad speech," in her words, "so sugary she'd have to lick her fingers afterwards: 'My life didn't begin until I met Ronnie.' 'I can tell you as a mother that nothing, nothing is as important as the welfare of a child.' " The kid didn't miss a cliché. Threatening to go back to CBS finally got her off the hook.

Noonan's hilarious account of her first speech for the President is alone worth the price of purchase. It was for a Rose Garden appearance in which Reagan would announce the teacher of the year. (Rose Garden Rubbish, former speechwriters have called it, she later learned.)

"You would think this would be easy," she writes: "praise teaching, announce the winner, praise her, and that's it, neat, nice, five minutes. But it was my first speech, so I included a defense of the West and an analysis of Bloomsbury's contribution to Keynesian notions of expediency as illustrated by the famous 'in the long run we're all dead.' It ran a little long."

On one speech returned from the President, she found, in addition to the usual RR initials (confirming he had read the speech), a faint "very good." After staring at it for some time, she cut it out and taped it to her blouse, "like a second grader with a star."

After the much-lauded speech she wrote for the 40th anniversary of D-Day, Noonan was finally invited to meet the President, "a big tall radiant man, impeccably tailored, his skin soft pink and smooth." She would have us know that "it is not possible to be nervous in his presence."

If you would like just once to look in and listen in on the people who live in the White House and the daily sojourners who come in with their briefcases at 7:15, it's all here in *What I Saw at the Revolution*, with no details spared.

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Imagine a president with no personal enemies. This has never happened before.

Imagine a man nobody hates, or no one who knows him. He was never dark or mean, never waited for the sound of the door closing to say, "What a fool," didn't seethe, had no malice. People could tell he trusted their motives. That trust brought out the best in the best of them, who acted better for the compliment, and the worst in the worst of them: they nodded with mild surprise when they saw his trust, looked into his eyes, and saw—nothing. They thought he was an empty house, and they were second-story men.

I'll tell you something surprising: this sunny man touched so many Americans in part because they perceived his pain. They saw beyond the TV image, they saw the flesh and blood, they felt those wounds, they caught that poignancy.

"I loved that funny office. I used to sit there in the late afternoon in a red velveteen chair and read the papers of the presidency in the glow of an old lamp. In the White House they keep big thick volumes of the speeches, utterances, and meetings with the press of the presidents, all the presidents. I'd take a few volumes from the library upstairs and read them at random. In time I knew I was looking for the grammar of the presidency, the sound and tone and tense of it."

The reporters and correspondents and smart guys, they missed it. But the people saw. They thought: *Look at the courage it took at his age to be shot in the chest by a kid with a gun and go through healing and therapy and go out there again and continue being President, continue waving at the crowds as he walks to the car. Think of the courage that old man had!*

Remember those stories in the early years that Ronald Reagan didn't know where his own top aides' offices were? When I first got to the White House I thought it was untrue. Then a top aide told me, "Look, he would have had a general sense of where Baker's office was and where Meese's was because he saw them walking away. He knew they were down the hall because they never said, 'When I was upstairs in my office.' But why should he know where their offices were? Everyone comes to him."

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"But it's not normal," I said. "It's normal to walk around the physical plant and see who's where and what it's like." LBJ went on walks, Kennedy did, Nixon. Johnson would have been checking to see whether the chief of staff has better furniture; Kennedy would have been finding out who's got a pretty secretary.

But Reagan withdrew from the White House, staying hermetically sealed in the Oval Office and the residence and pretty much ignoring the fact that he worked where Lincoln trod and Jefferson dined. He never took the dimensions of the place, and so he avoided taking possession of it.

He also took refuge in the mail, in writing letters to children who loved him and old ladies who needed him. Ann Higgins, the woman who ran the President's mail operation, used to send him 50 or so letters a week from the 200,000 a week he'd receive in that time, and sometimes—and it wasn't all that rare—he'd call and ask for more.

I think he saw that people pour out their hearts to presidents and that in a democracy, particularly a modern democracy, it's important that they know they have at least a chance to make it through to the top guy. He knew this naturally. He answered letters from citizens with the same kind of care and respect that he gave to a letter from Thatcher or Kohl.

People thought he was their friend. They would send him pictures of themselves and their families. The original letters would come back to Ann, but she noticed he often removed the pictures. They started showing up in the pockets of his jackets and coats and in the drawers of the lamp tables.

He wrote about ten letters a day, not counting those he wrote to personal friends who contacted him at his special post office box. He had a name-card file of people he'd been writing to for half a century, and when he was President he was still writing to them.

When he had surgery, many people wrote in and told him of their own ailments. "There's something in Americans that makes them describe their sicknesses in loving detail. We know the country's temperature—literally!" Higgins said.

• • • •

He wrote regularly to two old ladies who live by the side of the road in Sacramento. Twenty years earlier, when he was the governor of California, he met Miss Jane and Miss Sally, who lived with their brother and made beautiful leather goods, saddles and belts and things you keep a knife in. Every Christmas they would send him a present. It was a tradition. When he was President they would write him in the autumn and say, "Don't forget to tell us what you want," and he would tell them, sometimes drawing it out on a pad.

And what they got in return, aside from hundreds of letters from Ronald Reagan over the years, is that every time their horse got sick and had to be treated they'd ask the President to drop the vet a line to thank him. That's how they paid their bills, with the letters. Everyone knew this, including Reagan, who laughed and kept on writing, "Dear Doctor Smith, How nice to hear you were able to help Dassy-doo when he stopped eating. . . ."

Once he got a letter from a little girl upset because her father wouldn't let her keep her horse at their home in the suburbs. She poured out her heart to him because, she said, she could tell from all the pictures she'd seen that he really loved horses too. And he wrote back by hand a long letter telling her of his sympathy. And then he said, "But a horse needs space and sun—they need to run free." He told her: "It will help you, maybe, if you could try these things: work part-time at the nearest stable and rent a horse on Saturdays, and read books about horses and write to trainers and riders and ask them about how they do their jobs. . . ."

His aides were always getting calls from weekly newspapers out in the hills asking: "Did you know the President has promised to look into Mrs. Elma Fogelby's Social Security problem and also invited her to the White House for a cup of coffee, and are you guys always that nice?"

The press aide would sigh, get the Social Security

"They gave me a little office that faced a courtyard that never got the sun. I could look out and see the exhaust system of the EOB. An old radiator hissed forlornly, carrying into my office the metallic rumblings of the deepest insides of the old Victorian building. It was dank and clanked."

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"A few weeks later I was walking through the East Wing when I saw the First Lady and her entourage coming my way. I'd never met her and didn't know if I was supposed to look at her and make eye contact and say hello or leave her to her privacy, of which she had had not much these many years. I decided to look to see if I could see anything interesting in her eyes. She looked at me in a way that seemed to have no meaning. Then she looked down at what I was wearing, which was, unfortunately, a wrinkled khaki skirt and a blue work shirt and heavy walking shoes with white woolen socks. Not exactly White House issue, but I was going walking. She looked me up and down and I swear her mouth curled. She looked away and said something to an aide. The next time I saw her I hid behind a pillar."

straightened out, and make sure she got in when she came.

Citizens sent him gifts and he used them. When schoolchildren in Arlington, Connecticut, sent him a bunch of yellow notepads with "From the Desk of President Reagan" stamped on top—it was cheap yellow stock, it looked like something they'd done in shop—he used it for years.

A citizen sent him stationery that had a nerd with a long nose peeking over a wall and the saying "No More Mr. Nice Guy!" He sent notes to George Schultz on that paper.

At times he sent money to strangers and friends. Once he wrote somebody a check for $100 and they couldn't cash it because of the signature "Ronald Reagan." The cashier at the bank said that was worth more than the amount. Ronald Reagan had to call the bank and arrange for them to give the money. This happened a number of times.

continued on page 110

"I had lunch with Bush downstairs in the small senior staff mess. Presidents and vice presidents don't dine in the mess, but Bush likes to. He likes to see everyone and say hello. We sit at the table closest to the door. People would walk in bored, suddenly start at the sight of him, and bound over with hearty hellos."

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THE IMMORTAL ART OF SISTER MARIA INNOCENTIA

The naiveté and purity of small children the young nun captured in her drawings live on in Hummel figurines.

by Maynard Good Stoddard

If you should happen to be an American vet of World War II who spent less than a dollar for one of those cute figurines that had begun to find a market in Germany during the mid-1930s, what would you take for it today? If it was produced by the W. Goebel Porzellanfabrik company from a painting by Sister Maria Innocentia Hummel—how about $2,500? If it is one of a kind, would you consider $20,000?

You ask, Where could one find a market at such prices? You evidently were not in Chicago last summer at what was billed as the "World's Fair of Hummels," where Hummels worth a total of $3 million were on display. Perhaps not all of the nearly 200,000 members of the M.I. Hummel Club were present, but so it seemed. Buyers could be identified by their "Happiness Is a Hummel" bags.

"There were a number of club members who made incredible buys," says Joan N. Ostroff, executive director of the M.I. Hummel Club. "The mood was very upbeat. Because the collection goes back well over 50 years, collectors were finding Hummel pieces with markings from as early as 1935. The fair was so successful that another is planned for 1991."

Besides such fairs, collectors scour attics, flea markets, and auction sales to turn up figurines with the "HUM" identification on the base. If the figurine happens to be one of the early ones, with a crown mark on the bottom, the value increases. The molds for the first Hummel, *Puppy Love* (HUM 1), were broken December 31, 1988—an event that will increase the figure's value. However, most collectors acquire the pieces for pleasure rather than profit.

"There's a very emotional reaction to the figurines," Ostroff says. "It's not unusual for someone to look at a figurine and say, 'Oh, this reminds me of when Johnny was three years old and he fell out of the apple tree.' Or, 'I had such a terrible toothache I couldn't stand it, and when I came home from the dentist my husband gave me this wonderful figurine called *Boy with Toothache*. I'll always remember his thoughtfulness that day.'"

The attachment that collectors have to the figurines is evident in the essays submitted annually to the club's writing contest.

"People really dig down deep and talk about their most heartfelt emotions, and they're all tied in with the love for Sister Maria Innocentia and the incredible work that the Goebel artists have done," Ostroff says.

"It's a very religious thing [that collectors express] in a nonsectarian way," she says. "It's the religion of love, and people respond to that."

• • •

One can't help wondering what the Bavarian girl who began drawing sketches of choirboys and birds and goose girls on wastepaper from her father's store would have thought of all this frenzy over her art.

Berta Hummel, born in the little rural town of Massing an der Rott, spent her childhood buzzing from one creative work to another. Because of this, her father nicknamed her "das Hummele," German for "little bumblebee."

With the encouragement of her father, who himself had wanted to be an artist before being forced to take over the family business, Berta began her formal art education by enrolling in the prestigious Munich Academy of Applied Arts. There she refined her natural skills in drawing, painting, and composition. She received the highest possible marks. Although the academy faculty urged her to remain after graduation, the budding artist's personal convictions led her, in 1931, to enter the Franciscan Convent at Siessen in the Swabian Alps.

There, between fun-loving pranks—usually directed toward outwitting her superiors—she developed a unique artistic style in still lifes, nature scenes,

The universality of the child and of the free spirit and a classic use of color and movement are the keys to the lasting quality of Sister Maria Innocentia's art.

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and illustrations. All her pranks were forgiven when she took her final vows and assumed the name Sister Maria Innocentia, and the convent sent her back to the Munich academy for another year of training.

Now Sister Maria Innocentia began to further develop her sketching technique with pen-and-pencil illustrations of fairy tale characters. Her summer vacations were spent sketching and painting mountian scenes in the Bavarian Alps.

Returning to the convent, she began religious illustrations as well as other motifs featuring children and offering religious sayings and reminders. "She applied all that she had learned toward a style that would capture the innocence, naiveté, and purity of the young child," one of her professors commented.

These would be prolific years for the young nun. She fused religion and art and sketched seasonal holiday cards and young children in traditional folk costumes as well as religious subjects. A growing audience admired her images all over Europe and in the United States. In the United States particularly, after years of the Depression and the Dust Bowl, Sister Maria Innocentia's "children," much like Norman Rockwell's *Saturday Evening Post* covers, appealed to the ordinary American on both the emotional and the spiritual levels.

During the Hitler years, Hummel artwork came under direct attack by the Nazis—"Heresy in Pictures," as one article labeled it. But repressive tactics failed to discourage Sister Maria Innocentia from continuing to create her unique artwork in her second-floor studio at the Siessen Convent. By 1938, however, she had developed respiratory problems, which limited her drawing time.

Soon the Nazis turned the convent into a repatriation center for ethnic Germans from countries the Nazis had taken over. Food and living conditions at the convent became substandard, as did the heating of the convent buildings. Medicine was also in short supply, and artists' materials were hard to come by. To top it off, Hummel's work could no longer be sold in what was then known as "greater Germany." Nevertheless, she worked when her health permitted throughout the war years.

During the fall of 1944, shortly after her drawing of *Slumber Time* created a glimmer of hope at a time of grave uncertainty, Hummel developed what was diagnosed as pleurisy, but actually was tuberculosis. For the next two years, Sister Maria Innocentia only occasionally found strength to sketch her pictures, and on November 6, 1946, she died. She was 37.

• • •

And that's the end of the story?

No, that's the beginning.

In the early 1930s, Franz Goebel, representing the fourth generation of the W. Goebel Porzellanfabrik company, had taken a trip to Munich looking for new ways to expand his business. On the counter of a small religious art shop he discovered the art cards of Sister Maria Innocentia Hummel. Through a licensing agreement entered into late in 1934 between Goebel and the Convent of Siessen and Sister Maria Innocentia Hummel (still in effect today), Goebel decided to stake his company's future on converting the two-dimensional drawings into three-dimensional figurines.

With his two top modelers, Arthur Möller and Reinhold Unger, Goebel began pouring all he had learned at

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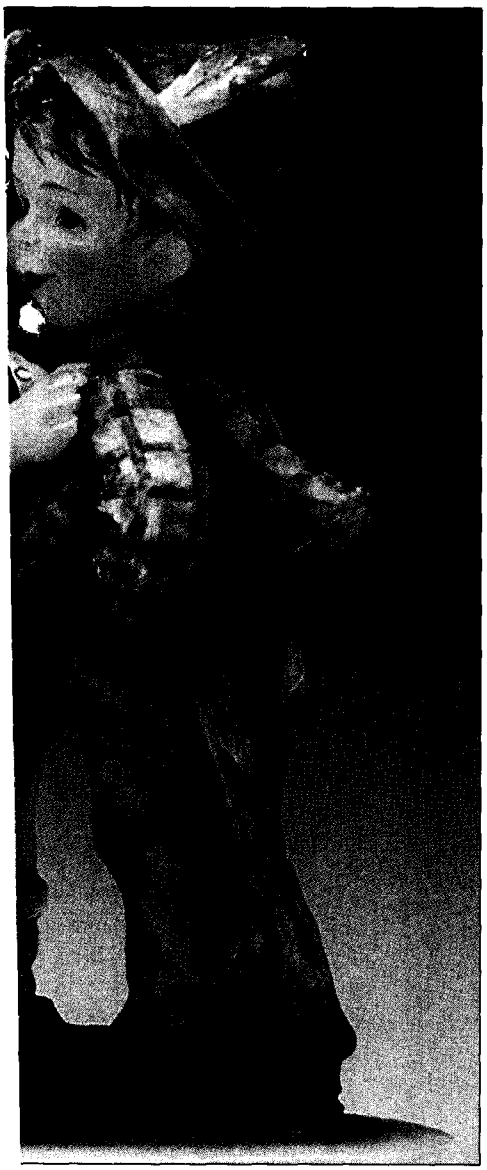
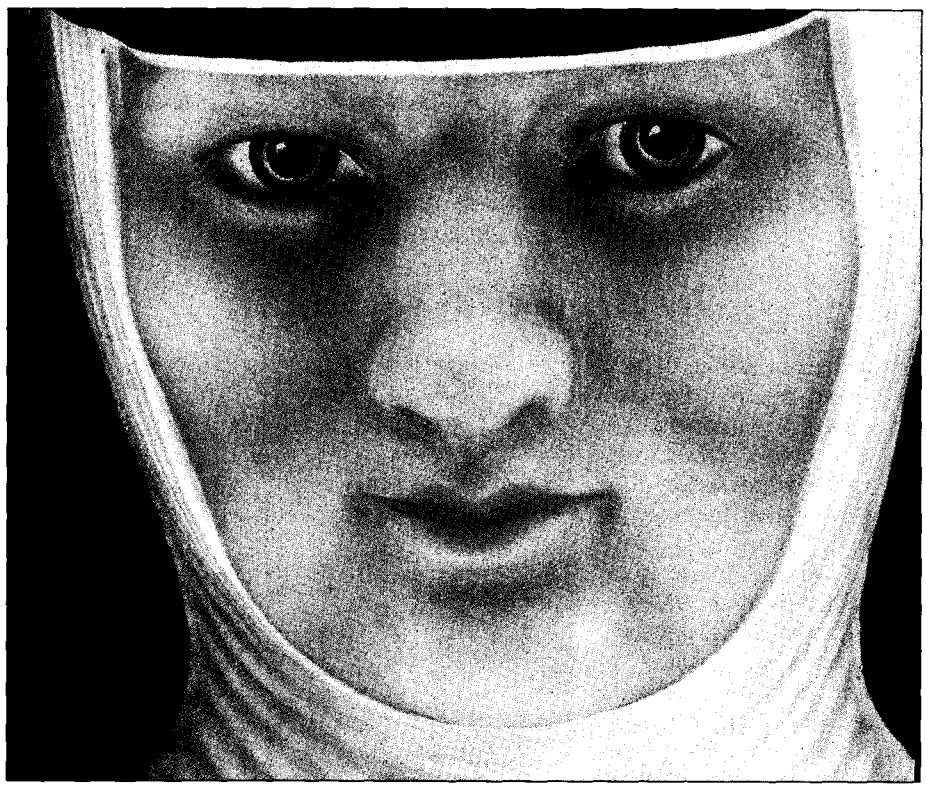


All people can find a bit of themselves in the magic moments the artist was able to capture of young visitors to the Siessen Convent in the Swabian Alps. *An Apple a Day*, *Whistler's Duet*, and *Well Done!* are only a few from hundreds of examples.



Collectors prize this bust made in memory of the Hummels' creator in 1979. Royalties from Hummel sales continue to support her beloved convent at Siessen.

the State School for Porcelain and Ceramics into the technical challenge of the new project.

Working late into the night, night after night, the modelers sculpted figurines in the likeness of Sister Maria Innocentia's drawings. After a few pieces were cast in porcelain, the modelers decided that earthenware was a better medium for the art. When finally a few pieces were ready—*Puppy Love*, *Little Fiddler*, *Book Worm*, *Strolling Along*, *Flower Madonna*—and painters had painstakingly applied the specially mixed colors, the figurines were presented to the Siessen Convent for approval.

The pieces were approved not only there, but also in March 1935 at the Leipzig Trade Fair, the focal point for European and American retail and distribution firms seeking contact with German manufacturers.

The themes of Sister Maria Innocentia offered a refreshing change for the U.S. gift market. Mounting orders for the figurines rejuvenated the financially ailing Goebel company. Sales on the international market during the Christmas season were also brisk. The famous Chicago department store Marshall Field's reported an enthusiastic response to the Goebel product. The Siessen Convent gave Goebel permission to launch still more of the M.I. Hummel pieces.

The war years held good news as well as bad: bad news for Goebel, because production of the figurines had ground to a halt and master models had been lost or broken. As workers began trickling back from internment camps, the sculptors Möller and Unger had Sister Maria Innocentia's designs ready for them to work on. The company again took off—good news for collectors, who can still find interesting model variations among the pieces manufactured during this era. Known as the "U.S. Zone" pieces, these Hummels can be identified by the "made in U.S. Zone" mark, or a variation of it added from 1946 to 1948, stamped on the bottom of each figurine base.

The average price of an M.I. Hummel was about 65¢. (Ever the bargain hunters, GIs still preferred to barter with the shopkeepers.) Collecting the figurines provided a pastime not only for off-duty soldiers but for officers and their wives and for U.S. civilians as well. These collections were to go home with them; collectors as well as collections began to grow. By 1950 the Goebel factory was "Hum-ing" as never before.

How rare are those early Hummel pieces today? Production figures at that time were sketchy or nonexistent. It is also difficult to determine just how many specimens of any particular production run survive in their original condition. These variations and rarities have further stimulated the worldwide interest in collecting the M.I. Hummel figurines.

And is this the end of the story?

No. As the nearly 200,000 members of the M.I. Hummel Club and the $20,000 one-of-a-kind price testify, and with Goebel continuing to convert Sister Maria Innocentia's drawings into figurines and other works of art so loved throughout the world, this is only the beginning.

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WINTER FLOWERS

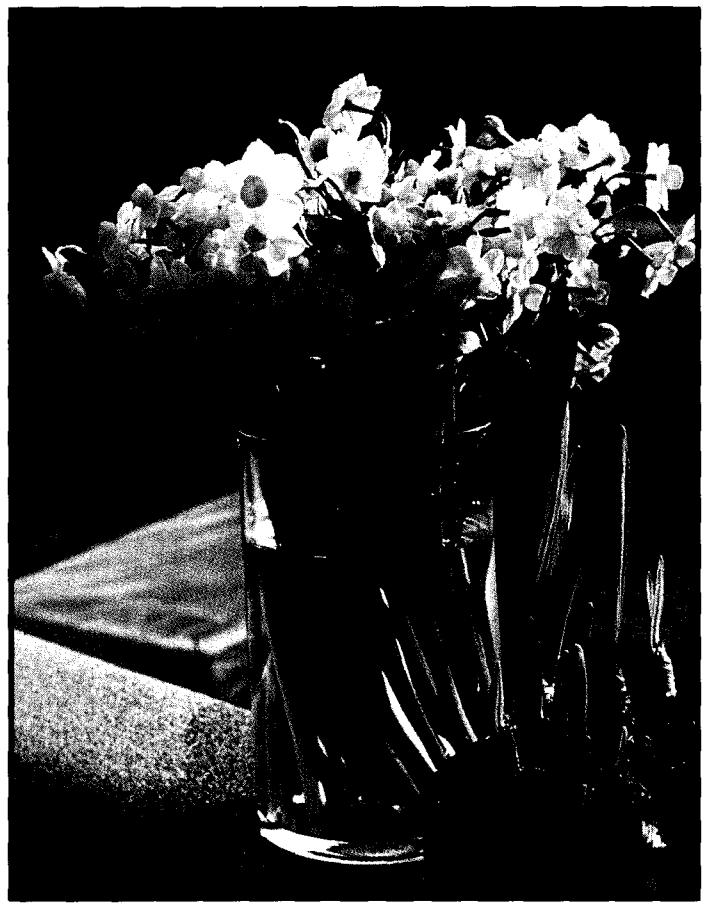
Thanks to flowering houseplants, forced bulbs, and annuals grown from seeds or cuttings, a whole palette of colors is available to indoor gardeners.

by Anne Moyer Halpin

Winter is a time of rest and renewal for gardens and for gardeners. As the year draws to a close, outdoor perennials lie dormant under their blankets of mulch or snow. Last summer's annuals have long since finished their life cycles. In warm areas, new annuals can be grown in winter, but the rest of us will have to wait until next season. As the old year wanes, gardeners turn inward, too, and consider the results of the past year's efforts.

But winter is a time of beginnings as well as endings, and even the bleakest of winter days has its joys. Seed and nursery catalogs begin to arrive, and countless hours can be spent lost in their pages dreaming of spring. Soon it will be time to start seeds for plants to set out in the garden in spring.

Winter has flowers to offer us too, even in the North. Outdoors there are flowering shrubs all season in the South (such as camellias, heather, winter jasmine, and winter honeysuckle) and along the West Coast as well (camellias, viburnum, daphne, heaths, and witch hazel). These mild climates also allow winter flowers on primroses, cyclamens, violets, and other cool-weather perennials. In the North, late winter brings the earliest bulbs and shrubs. Except in warm climates, the earliest outdoor plants to bloom are usually thought of as early spring flowers. But the flowers that open in February and March in the North are in bloom several weeks before spring weather arrives, so I consider them late winter flowers. Bulbs that bloom in mid- to late winter can be planted in a garden of their own or with early-blooming shrubs.



Narcissus forced for early blooming can be a visual feast for the winter weary. Some varieties are sweetly fragrant.

The early bulbs are a special delight, cheering gardeners' hearts with the sight of flowers blooming outdoors after the long winter. Bulbs should be planted in drifts under evergreen or deciduous shrubs, among perennials in beds and borders, in woodland gardens, or in patches of lawn left unmowed until the bulb foliage dies back in late spring. One caveat is to avoid crocuses in woodland areas—they need a lot of sun to put on their best show.

Most of the early bulbs are small and inexpensive, so you can plant many of them. The hours spent planting the bulbs in fall will prove well worthwhile when the flowers burst forth as winter begins to ease its grip.

Indoors in winter, our homes can be full of color and fragrance from the bulbs we started forcing in autumn. Other houseplants also bloom in winter. So do plants started from cuttings taken from last summer's outdoor annuals. And winter brings such holiday specialties as poinsettias and holly.

Indoor Gardens

Indoors, a whole palette of colors is available to winter gardeners. Flowering houseplants, forced bulbs and branches, and annuals grown from seeds or cuttings can be chosen and combined in practically any color scheme you like.

If you started some annuals from seeds or cuttings last summer or fall to have indoor flowers in winter, many color combinations are possible in your indoor garden. Consider, for example, China asters in rosy red and pink, with pink impatiens and purple browallia. Another red-and-pink combination is red hibiscus with pink geraniums, or you might like to display pink camellias with cyclamens in deep rose and soft lavender. Pink geraniums and violet exacums are another unusual—and handsome—pair.

African violets in shades of red-violet, pink, and white offer a colorful but simple combination. Growing cultivars with different flower forms, as well as colors, adds even more variety. Mix single- and double-flowered types, ruffled flowers, and picotee flowers edged in white, such as the Geneva cultivars. Rosy red, pink, and purple streptocarpus can make their own show in a cool room.

A simple and cheerful reminder of summer is a window sill full of wax begonias in shades of red, pink, and white. And you can add some pink and white geraniums for height. A charming multilevel grouping might include cascading pink and cherry-red petunias in hanging pots, with impatiens and fairy primroses in shades of pink, freshened with a white-flowered

Annuals and forced bulbs brighten this conservatory with winter color.

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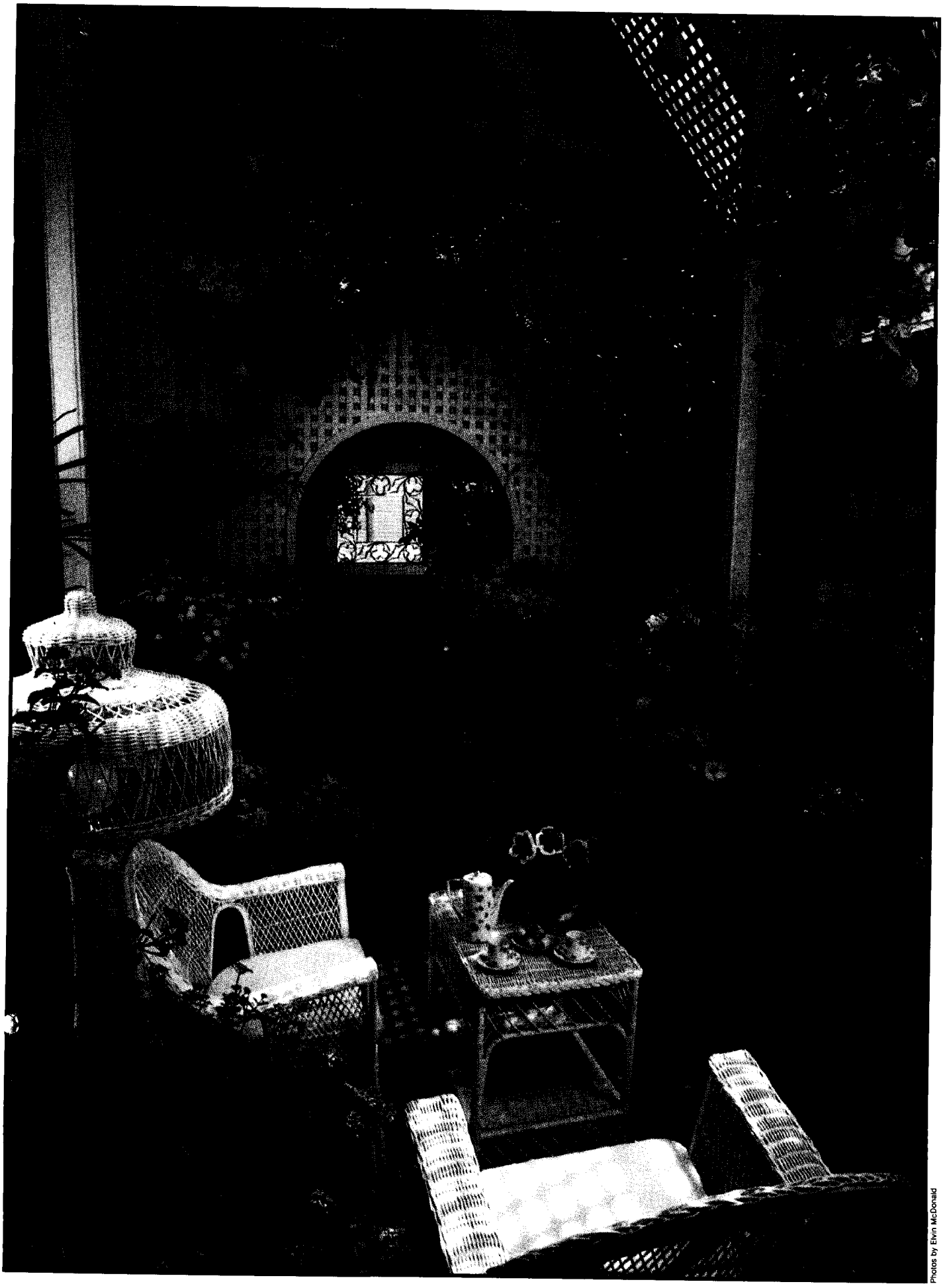

Photos by Elvin McDonald

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planting or two.

Amaryllis is a classic winter flower. Try it in soft shades of pink and salmon, with the small, fragrant trumpets of freesias in purple and creamy white. Pink and white amaryllis, white cyclamens, and hanging pots of trailing red-flowered aeschynanthus can fill an entire window.

Tall white calla lilies look lovely displayed behind rose and white cyclamens. For a red-and-white theme, you could try grouping red-berried ardisia with red kalanchoes and white fairy primroses.

An unusual and fiery combination mixes scarlet, red, and orange snapdragons; orange and yellow freesias; and yellow dwarf marigolds. A cool, sunny window can host pots and hanging baskets of nasturtiums in shades of mahogany, red, orange, and yellow. Ornamental peppers with red-orange fruits, put behind a window box full of dwarf marigold in bright yellow and orange, might bring back memories of a summer vegetable garden.

If you are forcing bulbs, try showing off blue, violet, and pink hyacinths with cream-colored daffodils and paperwhite narcissus. For a taste of spring, group forced daffodils and narcissus in golden yellow, some with orange centers, and crocuses in white, gold, and purple. A dish garden of blue-violet *Iris reticulata* and a dwarf narcissus forced into bloom at the same time can dress up a table or a countertop.

If you love fragrant flowers, you'll enjoy a heavenly scented grouping of paperwhite narcissus; lavender, yellow, and white freesias; and sweet olive. Or you can pair sweet olive with the similarly scented jasmine, *Jasminum polyanthum.*

For the holidays, red amaryllis makes a fine display with red, pink, and white poinsettias. Or you could combine Christmas cactus in shades of magenta, rose, pink, and white.

For a blue-and-white scheme, the traditional colors of Hanukkah, try blue and white poppy anemones with white China asters, camellias, or chrysanthemums from the florist.

W. Atlee Burpee Company

China asters grown from seeds planted in summer are a cheerful reminder of warmer days. Asters come in white, purple, blue-violet, pinks, and reds.

Making Bulbs Bloom Early

The bulbs you potted up for forcing in autumn will be ready to bring into bloom at various times during the winter. When bulbs to be forced have been in cold storage for the required length of time, you should bring them from the dark, cold storage place into bright light, but not direct sun. Clean any dirt from the outside of the pot, and cover the top with tissue paper for a few days to make the transition to light gradually.

When the shoots have grown to a height of two to three inches and turned bright green, put the pot on a sunny but cool window sill. A cool environment is important. If the temperature is too warm, the bulbs may not bloom but will only send up leaves. Give the plants as much light as possible to get the sturdiest growth. Dim light will cause the stems to grow lanky and floppy.

Water your bulbs when the soil (or other potting medium) dries out. You can judge this by the weight of the pot—dry soil is significantly lighter than wet soil. Another way to test for dryness is to tap the outside of the pot: a hollow sound means the soil is dry; a dull sound means it's moist. When it's time to water, use room-temperature water; cold water will shock the plants and slow their growth. Unless you plan to discard the bulbs after they bloom, don't stop watering the plants when the flowers fade. Continue watering for a month or two more to let the foliage grow and nourish the bulb. Then gradually taper off watering and let the foliage die back. You can then store the bulbs until it is time to plant them outdoors or begin to force them again, if that is possible (such as for amaryllis).

As the plants grow, turn the pots often so the stems grow straight. Stake plants that need support to keep the stems from bending over. Keep the soil loose and aerated by gently stirring the surface occasionally. Many bulbs need no added fertilizer if they are planted in a good soil mix.

To get the longest life from the flowers when they do bloom, put them in a cool—but not cold—place at night and keep them away from drafts. When flowers fade, clip them from the plants.

Bulbs forced indoors usually cannot be forced a second time, but they can be planted outdoors if they are hardy in your area. The bulbs should bloom again outdoors the following year, although it may take a couple of years for the bulbs to regain their full vigor.

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Elvin McDonald

Forsythia can be forced into bloom weeks before its normal flowering time.

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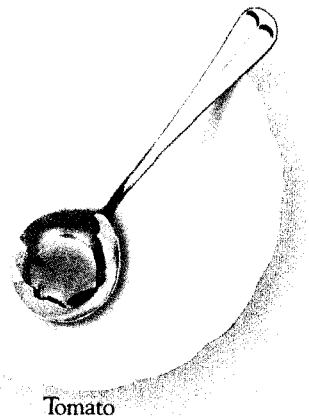
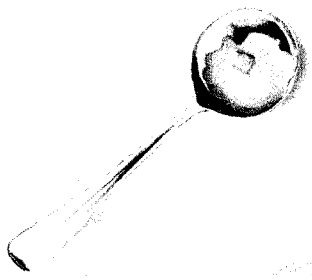
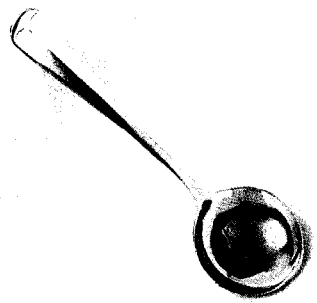
How people react to Campbell's® Special Request® Soups with ⅓ less salt.



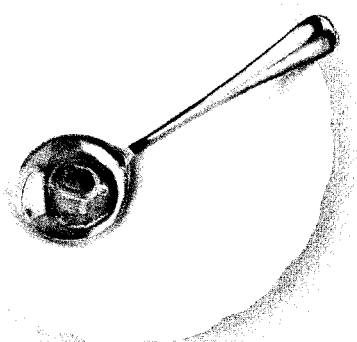
Tomato



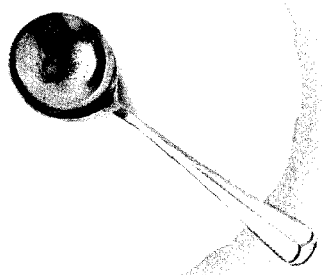
Cream of Mushroom



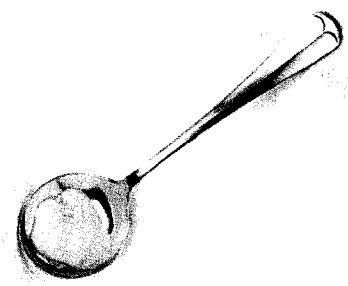
Vegetable



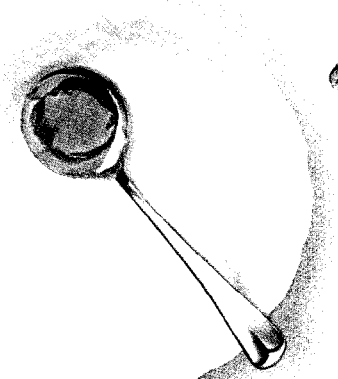
Chicken with Rice



Vegetable Beef



Cream of Chicken



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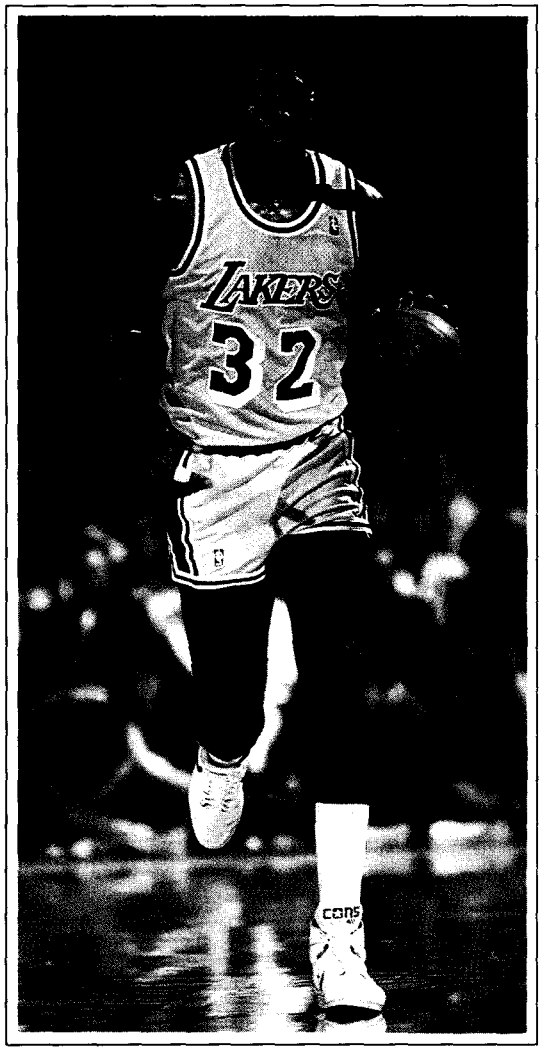
WATCHING BASKETBALL LIKE A PRO

For a lot of basketball fans the game is too fast and too complicated to see. Here is an eyeopener.

by Earvin "Magic" Johnson, Jr.

When most fans watch an NBA game, whether they are in the stands or at home in front of the television, they probably see a bunch of players running up and down the court, then crisscrossing back and forth before someone takes a shot. Then the players charge the other way and do it all over again. The spectators usually watch the player with the ball. He either passes, shoots, or commits a turnover. Then they see everybody run the other way, and they watch it happen all over again. Well, maybe a novice would be satisfied with that action, but anyone who really understands the game knows there's much more to playing basketball than that. When a team's working together as one unit, the game is like clockwork—fast and efficient. It's Boom! Bam! Dish! and Jam! Blink and you just might miss the key part of the sequence that opened the play for someone to finally score. That's why the game is so difficult to watch for some fans, unless they've done their homework.

I was lucky that my father taught me exactly how to watch a game when I was still young. He taught me how to see everything happening on the floor and not just the action in one corner or even one-half of the floor. He taught me the game by watching films, even when I was in junior high school, and by showing me why plays like the pick-and-roll, backdoor, simple things like that, worked when they were run correctly. He showed me how they developed, what they looked like in the early stages so that I would learn to recognize situations before the other players would. My father told me that if I could do that I'd be able to take advantage of the openings before the defense even sees them. He wanted me to learn to see things before they even happened.



Among Johnson's amazing sleight-of-hand tricks is making the ball disappear through the hoop.

Fans always tell me they have trouble trying to watch a basketball game. They see the ball, so they know when someone scores, but they can't catch the quick moves or see the strategies develop until it's too late, such as after a basket's been scored, or when the defense has made the steal, or when a player has had his shot blocked and the other team is already on its way down the floor. Basketball's a simple game to play and watch, but only if you develop an eye for even the smallest details of the game and see it the way players and coaches do, as ten bodies working together and against each other, bumping and pounding, and not just a bunch of guys going one-on-one.

To get the true flavor of the game, I tell people to try another angle, to focus on the center, the man in the middle. All the action, whether it's on the ball or away from it, revolves around that position. People who watch the center won't miss anything. They'll see the offensive movement, the screens, and the picks teams use to get someone an open shot. They'll also see defensive rotations and adjustments. If they watch only the basketball, they'll miss a lot of the game on the other side of the floor, the weak side, things that ultimately might be the reason the team with the ball either scores or doesn't.

To *really* watch a game, you have to think like a player. Sometimes I tell fans to pretend they're the point guard, to look for an opening in the defense, a weakness. They should see if they can catch the defensive player leaning the wrong way before the offensive player drives around him; or if they can see the offensive player read a defensive double-team and dish the basketball off to the open man who's cutting to the basket; or if they can see the defensive player creeping toward an open lane because he reads the eyes of the player with the basketball and sees that the spot is where he's about to

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pass it; or if they can notice the center on defense sliding across the lane to help a teammate who's been beaten by his man, then arriving just in time to block the opponent's drive; or if they can catch it before the players do, so when someone makes the pass they can say, "Yeah, I made that pass too," or when someone makes a steal they can say, "Yeah, that defensive player saw the same thing I did." Fans can pretend they're Larry Bird staring down at the unlucky guy who's been assigned to guard him, daring him to make a defensive move. When the defender backs off just a little, they shoot the jumper. If he comes up and crowds them, they give him Larry's little head fake and then go right around him. Or they can pretend that they're Michael Jordan. They put their wings on, then come flying down the floor, stalking the defense, their tongue wagging out of the side of their mouth, looking for somebody to dunk on. Everybody's mesmerized. They see an opening in the lane. They fake right, roll left, take off, and jam it through over two players who didn't have a chance. Then on their way back to the defensive end of the floor, they pass the other team's coach and say, "That guy can't guard me! You'd better get somebody out here who can guard me before that guy gets hurt!"

Watching the game can be so much more fun for fans when they begin to think like the players. The most successful basketball players at any level see the game in their minds. They size up situations, then see plays an instant before they happen. They've learned to look at the court in a way that's different from most other players and fans. Some former players who've gone into coaching get frustrated because most of their players just don't see the game the way they did. Guys like Lenny Wilkens, Willis Reed, and Doug Collins were special players not only because of what they could do on the floor but also because they had a mind for the game that some of their opponents and teammates didn't have. That's not something coaches can just pass on to the players they coach if the players simply can't absorb it.

I understand what they go through. Early on, when I first began coaching kids at my summer camps, I got caught up in that same kind of thinking and became frustrated too. During

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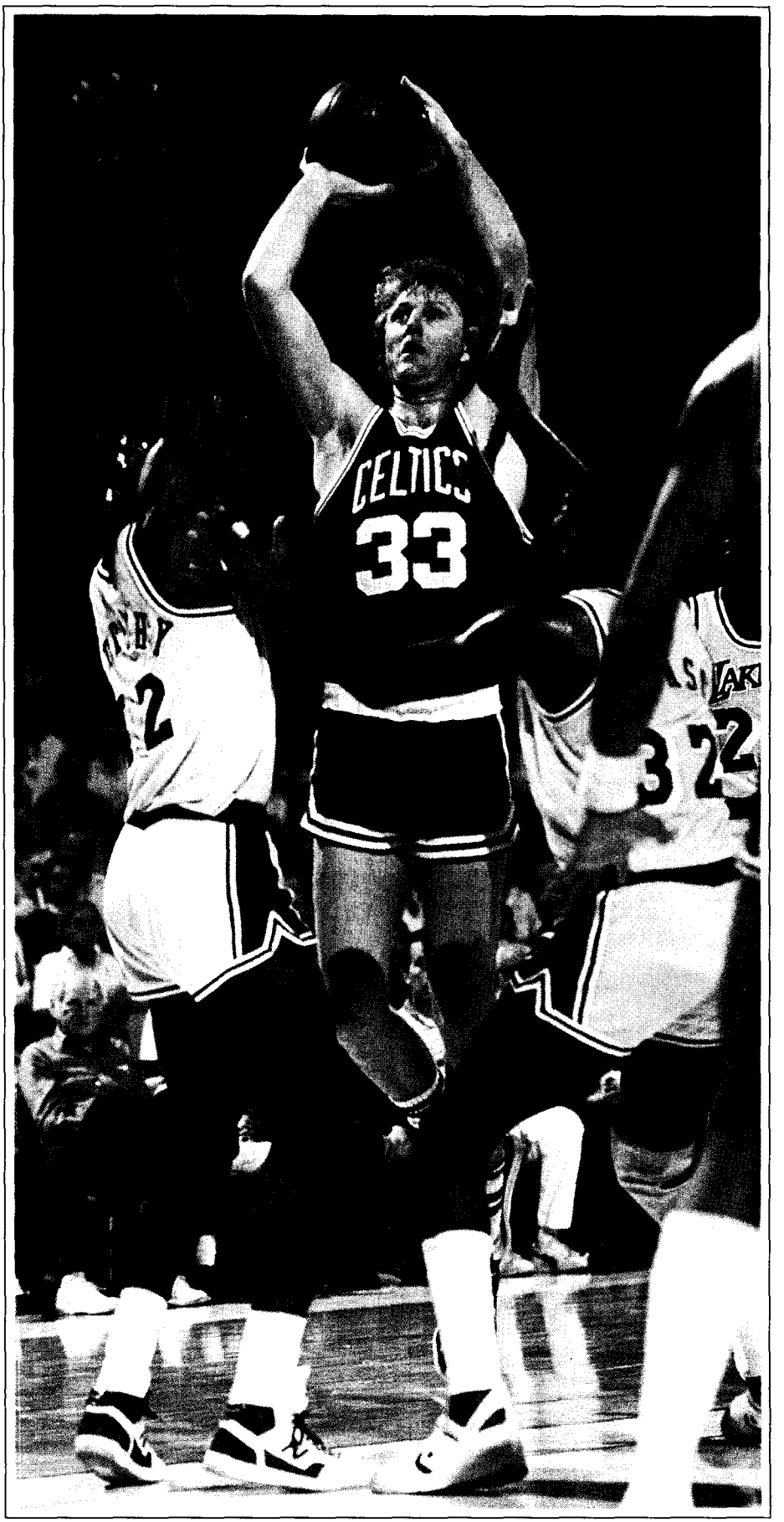

Fans who learn to watch the game and not only the shooting can pretend to be Larry Bird, staring down at the unlucky guy assigned to guard him.

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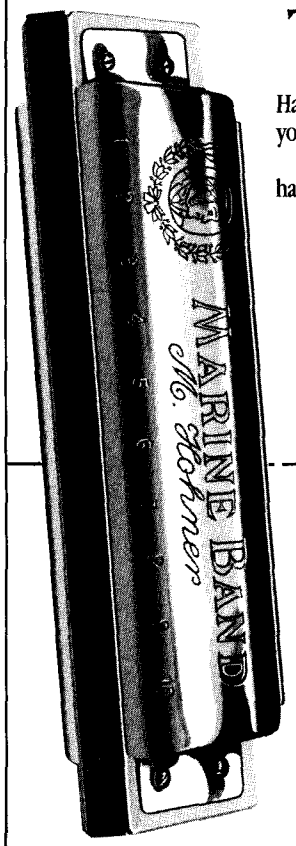

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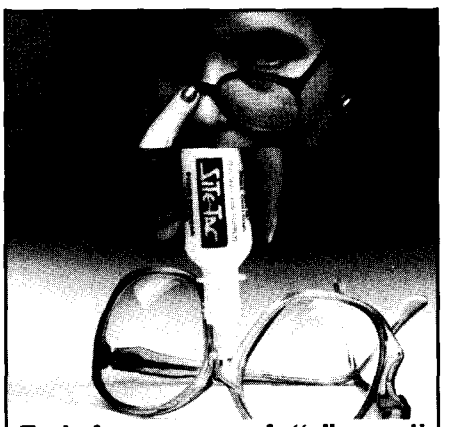

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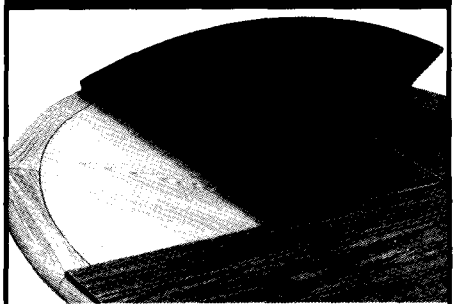

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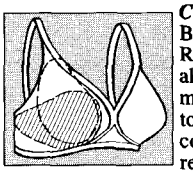

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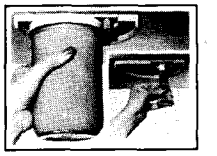

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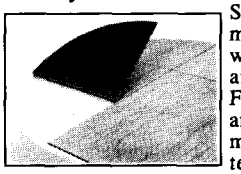

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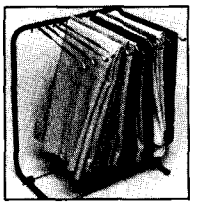

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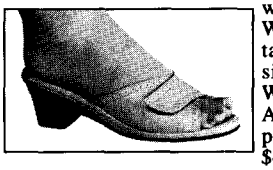

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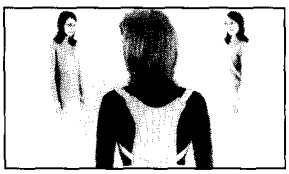

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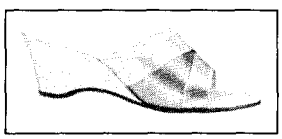

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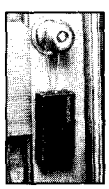

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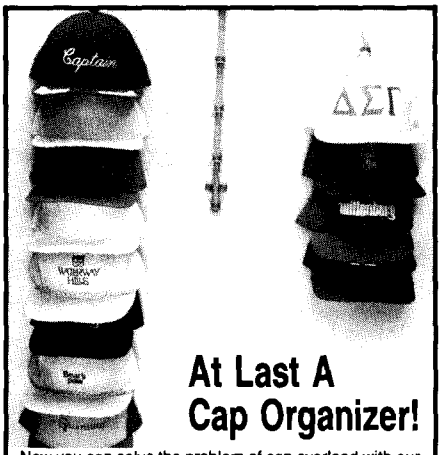

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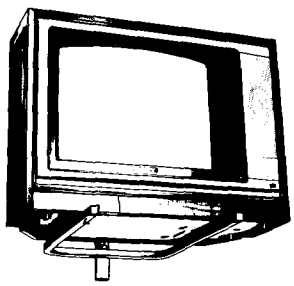

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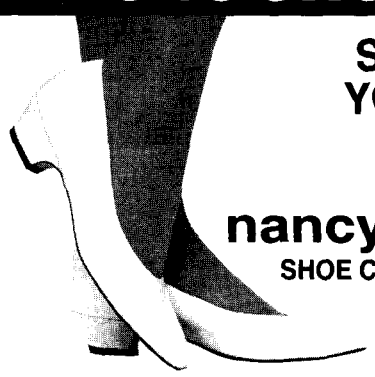

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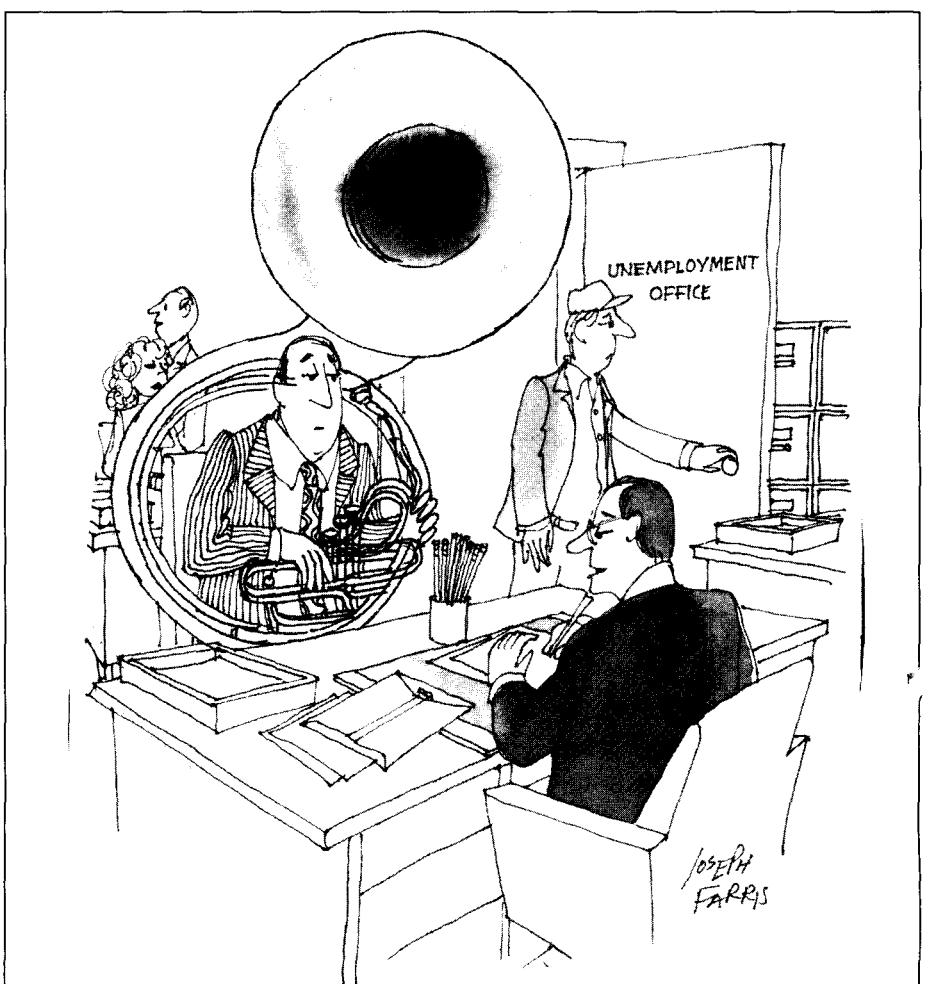

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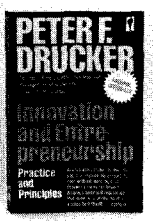

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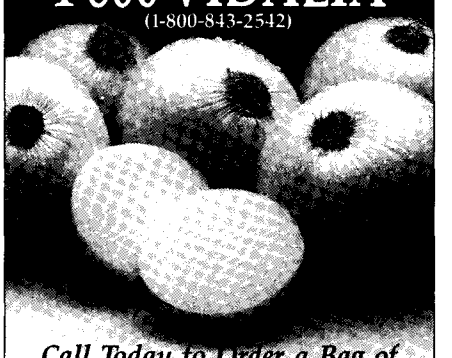

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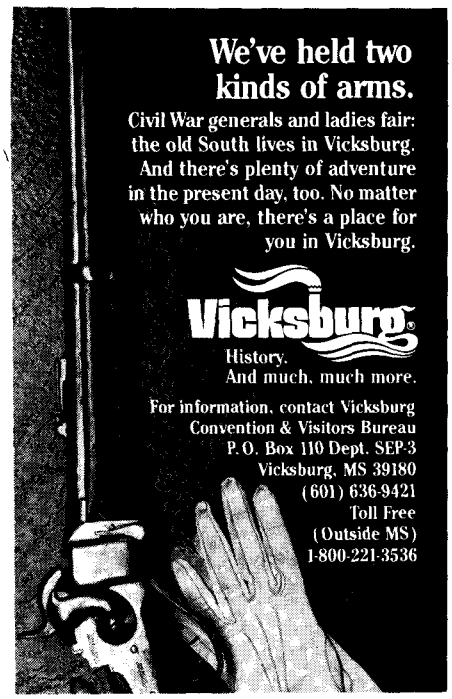
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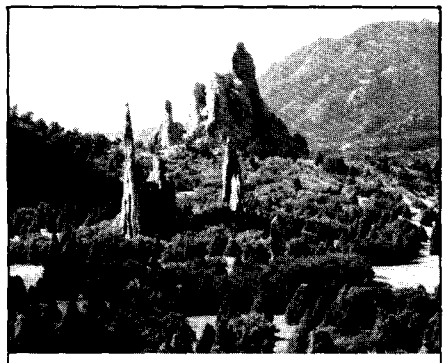

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THE CANADIAN ROCKIES: WARMER THAN YOU THINK

BY SALLY MOORE

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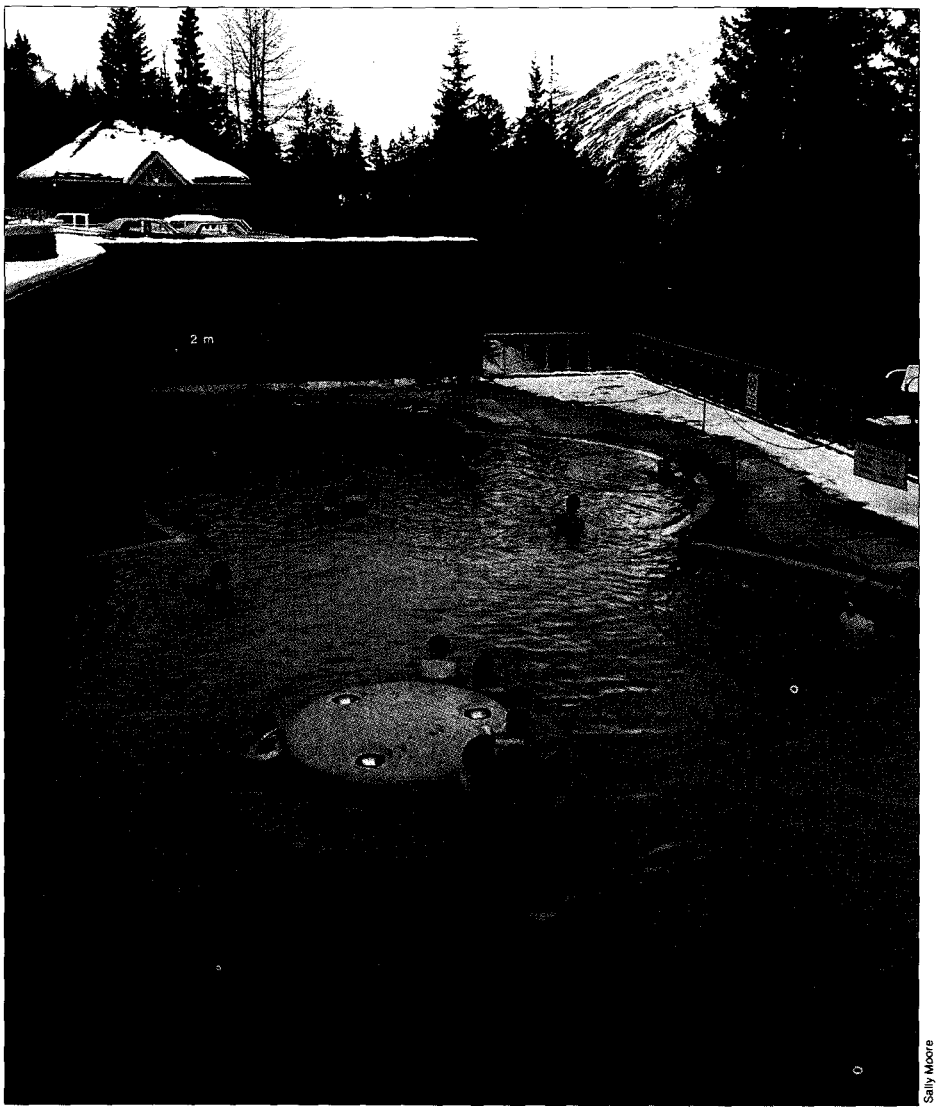
Morning dawns late on Lake Louise as a pale lemon sun attempts to arch above the granite massifs of the Canadian Rockies. The light gradually seeks out the curve of the lake, the blue-white wedge of Victoria Glacier, and an ice castle glistening on the shore.

Breakfasters at the windowed Poppy Room of the Chateau Lake Louise watch the play of light and shadows while sorting through the day's list of possible pursuits: ice skating, dog sledding, Bavarian curling, tobogganing, or a horse-drawn sleigh ride. Around the Ice Castle, an eight-foot pile of chiseled ice, hotel patrons can spend their evening hours skating in the glow of a bonfire or sipping hot chocolate at nearby picnic tables. Skiers may opt for wilderness skiing from a helicopter; cross-country skiing on the hotel's 60 miles of trails; or downhill skiing at Lake Louise, the largest ski area in the Canadian Rockies. Among winter vacationers, the grand hotel atmosphere coupled with old-world service and a varied slate of activities have popularized the château and sister Canadian Pacific resorts in Kananaskis and Banff.

The elegant Hotel Kananaskis and the more informal lodge at Kananaskis are the newest CP Alberta resorts. Set in a peaceful valley surrounded by snow-crowned granite peaks, the wood-and-native-stone buildings of the village project a get-away-from-it-all atmosphere attractive to devoted winter sports fans who skate, toboggan, and glide over the valley's 40 kilometers of cross-country tracks, or ski the slopes of Nakiska at Mount Allen, the alpine site of the 1988 Olympic Winter Games.

In contrast, the Banff Springs is located on one end of the bustling town of Banff. Its well-known silhouette once occasioned a wag to observe he couldn't decide whether it resembled the châteaus of the Loire or early William Randolph Hearst.

With a tradition of hospitality that goes back to 1888, the hotel is a city unto itself: more than 50 shops; an Olympic-size indoor pool; a year-round outdoor heated pool; 14 dining rooms and lounges; and 584 rooms in the old main building plus 245 in the recently renovated manor. Befuddled by this immensity, many guests opt to take the daily historical tour not only to orient themselves but also to learn more of the hotel's rich past.



Sally Moore

Swimmers enjoy the spring-fed waters of Banff, which average 32 degrees—Celsius, that is, or a balmy 89 Fahrenheit. The Banff area also offers more typical winter activities: ice skating, dog sledding, curling, tobogganing, and sleigh rides.

After exploring Banff Spring's extensive resources, visitors bundle up and go downtown, where there's a wide selection of restaurants serving everything from *saumon fumé* to sushi. Shops lining Banff Avenue carry merchandise ranging from fine furs to Hudson Bay point blankets.

A surprising array of cultural institutions flourishes. On Banff Avenue, the Natural History Museum traces the area's geological history and biological evolution, and the Whyte Museum of the Canadian Rockies mounts exhibits of Canadian and international artists. Near the Bow River, the Luxton Museum highlights the culture of early Indians; and in the national park, the Cave & Basin Centennial Centre houses historical and geological displays about the area's natural hot springs and illustrates the various ways the warm water affects flora and fauna in the area.

Even with its more urban setting, Banff still enjoys such winter sports as curling, skating, and cross-country skiing along the river or in the national park. Downhill skiers have a choice of staying close to town at Mt. Norquay, a modest day area noted for expert terrain, or traveling 13 miles to Sunshine Village, a resort perched near the Continental Divide and reached by a 20-minute gondola ride. Lake Louise is only 35 miles distant.

Proximity makes it easy to access the whole area and sample all three resorts. Banff is 83 miles and Lake Louise 122 miles from Calgary along the Trans-Canada Highway. Rental cars are available at Calgary International Airport, and regular buses run between town and the resorts.

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WHISTLIN' THROUGH DIXIE

They didn't just wish they were in Dixie—they lived the American South on a charter train that ran from Appalachian uplands to Gulf shore waters.

by Marda Burton

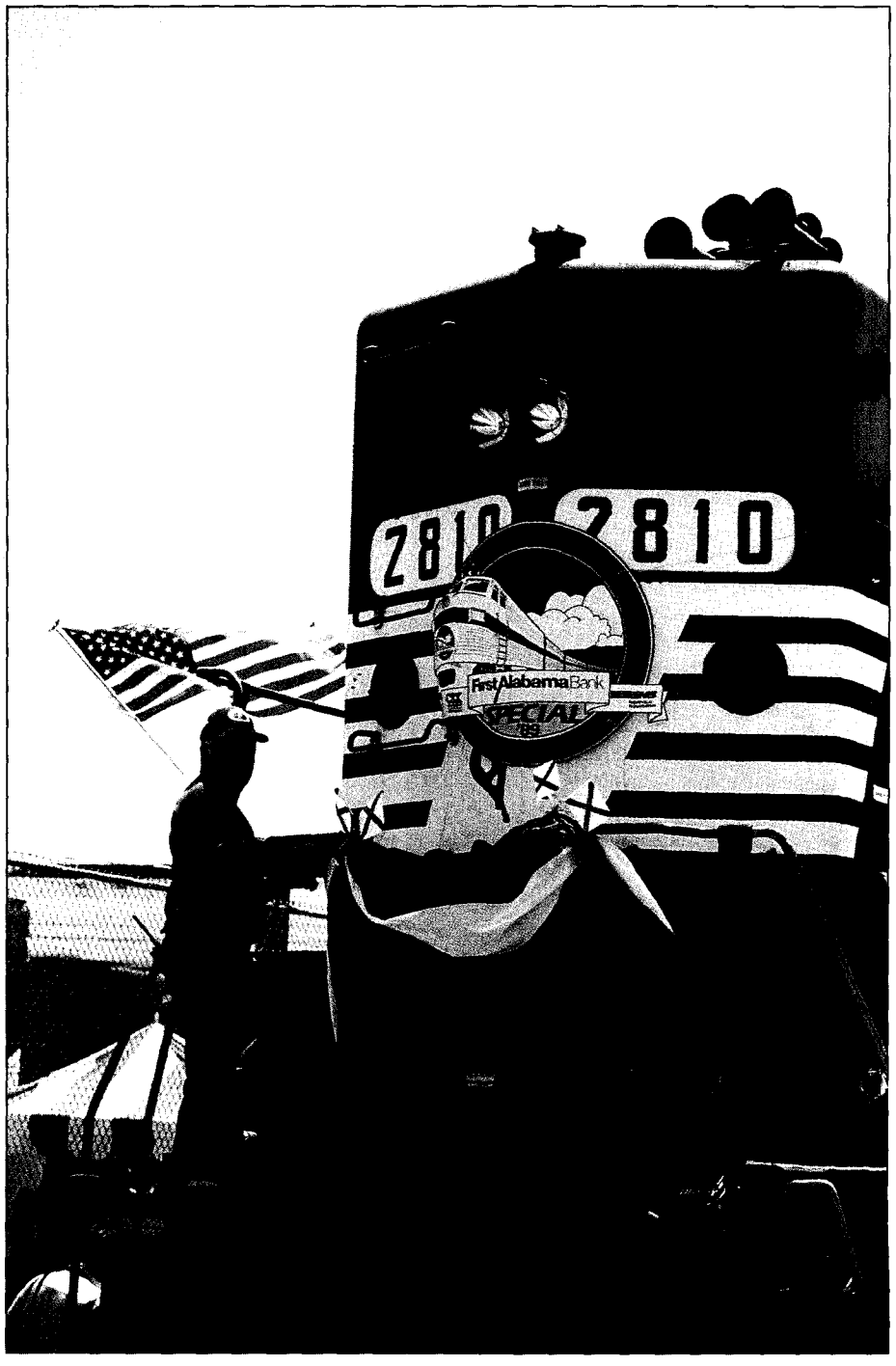
In Alabama, if you're past a certain age, the lonesome, mournful wail of a train whistle is somewhere in your soul, calling up the good old days before five-and-dime became five dollars. Rare is the native who doesn't remember his first train ride or won't relate it in misty-eyed, minute detail to anyone who will listen.

Although passenger trains are almost extinct, virtually all of Alabama seems still in love with the rails. Tracks at every whistle stop are dotted with restored depots full of memorabilia. Benches hold old-timers who can recount tales of the legendary feats of railroad men and the Depression days when rail-riding hobos camped out under trestles and marked by secret signs the doorposts of homes with hospitable kitchens.

Nostalgia flourished in Alabama last May, as dignitaries, famous natives, and just plain citizens crisscrossed the state for seven hot, bright days on the Alabama Reunion Special. Gov. Guy Hunt, a one-time farm boy, reminisced, "When I was little, we'd go 60 miles just to ride a train, and there's still nothing like it."

Townspeople turned out in force to meet the Special on its 900-mile odyssey, a joint venture of the Norfolk Southern and CSX railroads along with the First Alabama Bank. Every stop was Americana personified: marching bands, performers, festivals, speeches, balloons, parades. Ignoring the sweltering Southern sun, people waited at crossings and lined tracks that hadn't carried passenger trains in more than a decade. In the village of Childersburg, one local historian was moved to observe, "This is the biggest crowd of people to gather in Childersburg since Grover Cleveland came through on a whistle-stop tour in July of 1884!"

Those riding the one-time excursion train had a unique platform from which to glimpse yesterday's set



This sleek diesel may look and act far different from the smoke-belching locomotives of the passenger-train heyday, but Alabamians welcomed the 1989 Alabama Reunion Special like a long-lost friend—even if Dixie's whistles are now only electronic honks.

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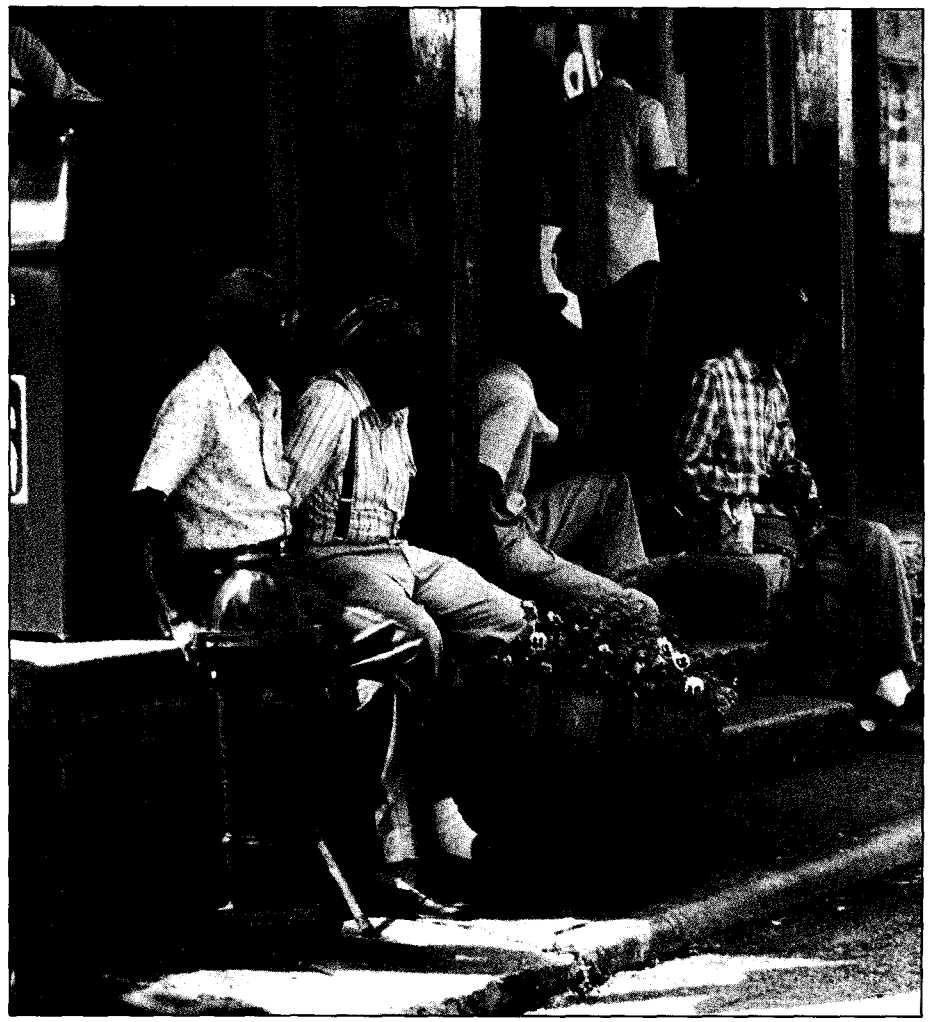
pieces, from Opelika's covered bridge to Bay Minette's North Baldwin Quilters. Although the Special pulled into the urban centers of Huntsville, Birmingham, Montgomery, and Mobile with appropriate fanfare, the small towns stole the show. Sheffield gave the Special a rousing send-off at its renovated depot, which is now the Right Track Restaurant/Museum, replete with railroad memorabilia and Southern home cooking.

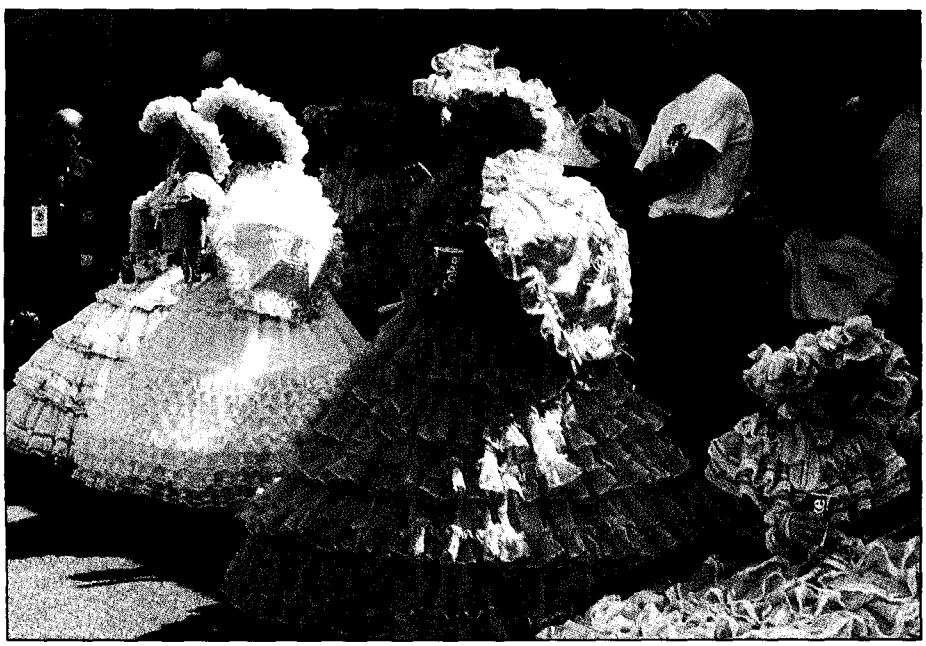
In the green highlands of north Alabama, Decatur, Ft. Payne, Attalla, and Gadsden came into view, as well as larger cities, Huntsville and Birmingham. As the train approached the outskirts of Birmingham, the actress and author Fannie Flagg, honorary trainmaster, excitedly waved to fans waiting at the old Irondale Café, the focus of her latest novel, *Fried Green Tomatoes at the Whistle Stop Café.*

Several covered bridges enhance this scenic area of the state, notably in Blount County around Oneonta and in Gadsden's Pioneer Museum at Noccalula Falls Park.

Further down the line, past the vast cotton and soybean fields of the Black Belt—so named because of its rich soil—more monuments to the stagecoach of modern travel awaited in Tuscaloosa, whose handsome Victorian station still welcomes two passenger trains per day, and Bessemer and Selma, both of which have turned their old landmarks into museums. In Calera, Heart of Dixie Railroad Museum volunteers, who also played host on the Special, are rebuilding 40 pieces of rolling stock for a working railroad and a nine-acre park.



In the heart of Dixie, front-row seats near the Evergreen, Alabama, train station were not exactly at a premium during the Reunion Special's visit. But in return, these patrons of the Evergreen Grocery gave the Special's passengers a glimpse of everyday life where the whistles stopped long ago.



Mobile's Azalea Trail Maids greet the Special in organdy dresses and lawn-party hats. The Coke cups are part of the outfits only when temperatures reach the 90s.

Halfway between Birmingham and the capital city, Montgomery, Clanton makes an excellent overnight stop with two motels, and an old caboose and section house housing chamber of commerce offices and a mini-museum. In Montgomery, grand, looming Union Station has new life as Bludau's Restaurant. The station is the focus of extensive riverfront development that includes a historical restoration, Old Alabama Town. Out from town, an extraordinary new cultural park with green and rolling terrain encompasses two imposing edifices housing an art museum and the acclaimed Alabama Shakespeare Festival.

Hustling on down the track, the Special ended its historic journey in azalea-clad Mobile. Along the way,

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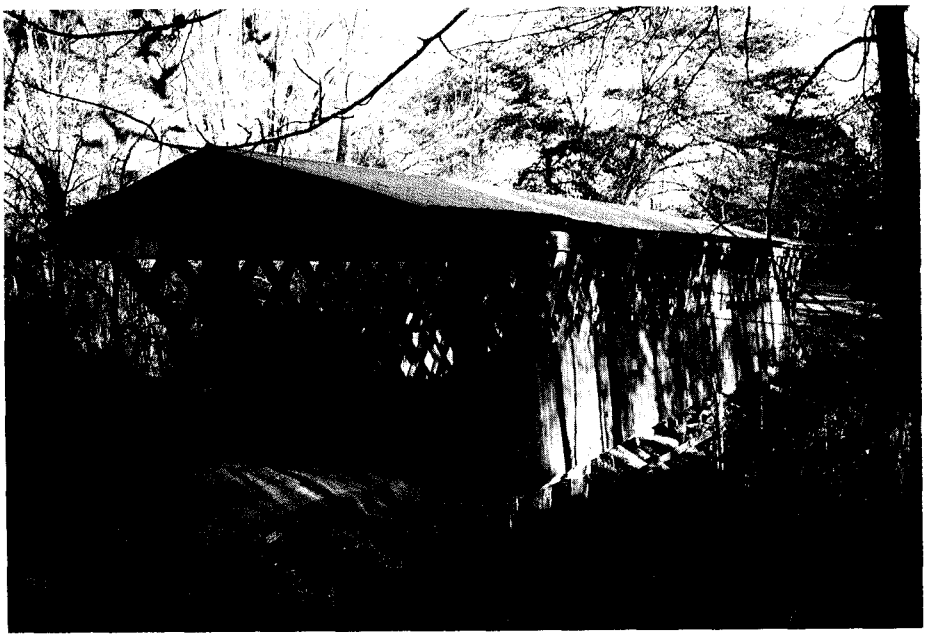

The Reunion Special carried its passengers past many a diverse hill and hollow. Far from the flatland cotton fields of popular imagination, Blount County, Alabama, is renowned for picturesque covered bridges and scenic back country.

Much of the South was opened up in the early 19th century by pioneers in covered wagons. Today enthusiasts combine heritage and hobby with organized treks, including this appearance at a stopping place of the Alabama Reunion Special.

visitors saw Pike Pioneer Museum in Troy; the U.S. Army Aviation Museum at Fort Rucker near Ozark; Landmark Park in Dothan, also known for its National Peanut Festival; the restored depot in Evergreen; and Bay Minette's 1904 train station, used in the filming of *Close Encounters of the Third Kind.*

The long ride was over, not far from the ancient swamps and cypress forests of Alabama's Gulf Coast. Nearby beckoned the playground of Alabama: Mobile Bay's Eastern Shore and its old-style, gentrified ambience; Dauphin Island, totally unspoiled and connected by ferryboat to Mobile; and Gulf Shores, an upscale beach resort that combines wide beaches and condominiums with an old-time back bayou flavor.

The 1989 Reunion Special is history, but travelers can enjoy Alabama's diverse landscape and lifestyle any time of year. Even in the colder weather of January and February, ice and snow almost never make the scene. But even if they did, that wonderful Alabama hospitality would warm visitors' hearts.

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Photos by Marda Burton

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In haste we've abandoned the green garden outside the kitchen for a fast track... But in our haste we are wasting the magnesium in our food.

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Makes Waste

All-American Diet.

Ever since we abandoned the kitchen—and the kitchen garden—for the workplace, we've been wasting the magnesium from our fresh foods. Canned vegetables may be great for working moms, but a can of green peas has lost about 40 percent of its magnesium. A package of easy-to-prepare frozen peas has about 30 percent less magnesium than fresh peas. Processing wheat into all-purpose flour takes a devastating toll on magnesium.

So why should we be concerned about losing so much magnesium?

Because the magnesium in the typical American diet is inadequate for men and pregnant women and barely adequate for other women. Because countries where magnesium in the diet is low have a higher death rate from heart disease than countries where the diet is rich in magnesium. Because Finnish people in parts of North Dakota with magnesium-rich drinking water have fewer heart attacks and strokes than their relatives in Finland, where magnesium intake is low. . .but enough already.

The bottom line is most Americans need more magnesium than their diets provide. Magnesium is essential to cell growth and protein formation. Many enzyme systems depend on it, and without enough of this mineral in combination with calcium, our muscles couldn't contract and relax properly. And more research is showing that magnesium plays an important role in protecting us from heart attacks, hypertension in pregnancy, kidney stones, muscle cramps, even stress and irritability.

The good news is you can get the necessary amount of this important mineral without going to all the trouble of gnawing on a piece of structural metal or downing a barrel of sea water. The foods highest in magnesium are nuts, shellfish, whole grains, green vegetables, legumes, and, yes, chocolate. The calorie content of some of these, however, makes them a no-no for some. And if you like a cocktail before dinner and a glass of wine with dinner, chances are you're losing the magnesium you do get in that meal. (Alcohol is a major contributor to magnesium deficiencies.)

Enter Slow-Mag® .

Among the goals of the Saturday Evening Post Society, surely not the least is the health of the contributors to our medical research programs for disease prevention. Thus, for your support we will deliver to your door a 60-tablet bottle of Slow-Mag magnesium supplement. Why Slow-Mag rather than a barrel of sea water? Besides shipping costs, Slow-Mag's enteric coating is designed to prevent the tablet from dissolving in the stomach, where it might cause gastric upset or indigestion. By dissolving slowly and evenly as it passes along the intestine, it provides the potential for maximum absorption of the magnesium.

More than that, Slow-Mag contains magnesium chloride, which authorities think is one of the most easily and efficiently absorbed forms of magnesium available.

Yes, we want you to become—or stay—healthy by adding magnesium to your daily diet. At the same time, we are asking for your help in continuing our research into other issues pertaining to well-being, longevity, and happiness. It is with your contribution that the Society can dig even deeper into today's persistent medical problems.

The Saturday Evening Post Society

P.O. Box 567 • Indianapolis, IN 46209-9889

Yes, I want to add the essential mineral magnesium to my diet. Please send me a 60-tablet bottle. I'm enclosing a contribution to the medical research for: ☐Cancer prevention ☐Heart disease

My donation: $5____ $10____ $15____ Other____

☐My check or money order is enclosed

Charge to: ☐VISA ☐MasterCard Exp. date____

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WHAT YOU CAN DO TO AVOID COLDS AND FLU

The good news is that the winter misery experts have come up with some easy steps you can take to lower your risks.

by Diana Benzaia

If you despair of getting your family through the winter without a series of encounters with colds or the flu, you're not alone. Flu infects millions of Americans every year—as much as half the population in an epidemic—and colds strike many more. In fact, it's not uncommon for children to have half a dozen colds a winter.

This year, there's good news. The cold and flu experts have come up with some easy steps you can take to lower your risks. Even more improvements lie on the horizon for winters ahead, including action you can take now to make sure you won't get the flu this season.

Once you're hit with a cold or the flu, today's treatments—whether home remedies or over-the-counter medications—are mostly still confined to easing your symptoms rather than curing the underlying infection. *(Myth—antibiotics will cure these winter ills. Not true. Both colds and flus are caused by viruses, which antibiotics won't affect.)* But taking action either with the homespun remedies that have recently gained new medical respect or with high-tech therapies can still make a difference in how you feel while your cold or flu is running its course.

Cutting Your Risks

Winter's miseries are hard to prevent because colds and the flu are caused by viruses we pass to others, sometimes just by shaking hands. *(Myth-kissing is a primary means of transmitting colds. Not true. Enzymes in our saliva may actually help destroy cold viruses. Rather, viruses transferred by hand to your nose or eyes seem to flourish best.)*

During the colder months, we are all more likely to be indoors in closer contact with one another, which largely accounts for the sharp increase in such ailments. *(Myth—you can get a cold by getting caught in the cold Not true. You're at a greater risk indoors.)* "So unless you become a hermit, you're a candidate for an upper respiratory infection any day now," says David S. Hodes, M.D., the head of the Division of Pediatric Infectious Diseases at the Mount Sinai Medical Center in New York. "But you can't run your life to steer clear of colds—such as keeping your kids out of museums and theaters where they need to be." There are other risk factors too, some of which you can control.

•"Women appear to be more susceptible to colds during their menstrual periods, probably due to changes in cellular immune mechanisms," comments Richard B. Hornick, M.D., an infectious-disease specialist who is vice president of medical education at the Orlando Regional Medical Center. So women need to be extra careful about coming into direct contact with people, especially with snifflers, during their periods.

•At even greater risk of cold or flu complications are pregnant women. "As the fetus grows and presses against the diaphragm, the major muscle which helps us breathe, its function is impaired," explains E. Neil Schacter, M.D., a professor of medicine at Mount Sinai. Upper-respiratory infections in late pregnancy may also complicate the choice of anesthesia.

•Age makes a difference. Children's immune systems have not had enough experience with viruses to develop immunity, and their respiratory passages are not yet fully developed. (Breastfeeding can transfer some of mom's immunity to her infant.) The second-highest risk group: the parents of young children, who bring the viruses home from school. The most cold-free adults are those in their 50s without children at home (but immune responses gradually drop due to aging).

•If you move to a new community, you may encounter new viruses to which you have not developed immunities. The same "stranger" viruses can also attack you if you're traveling to

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The cold medicine below is the right one to use with the medicines above.

If you're taking something for your heart, blood pressure or thyroid, you can't be *too* careful about what you take for a cold.

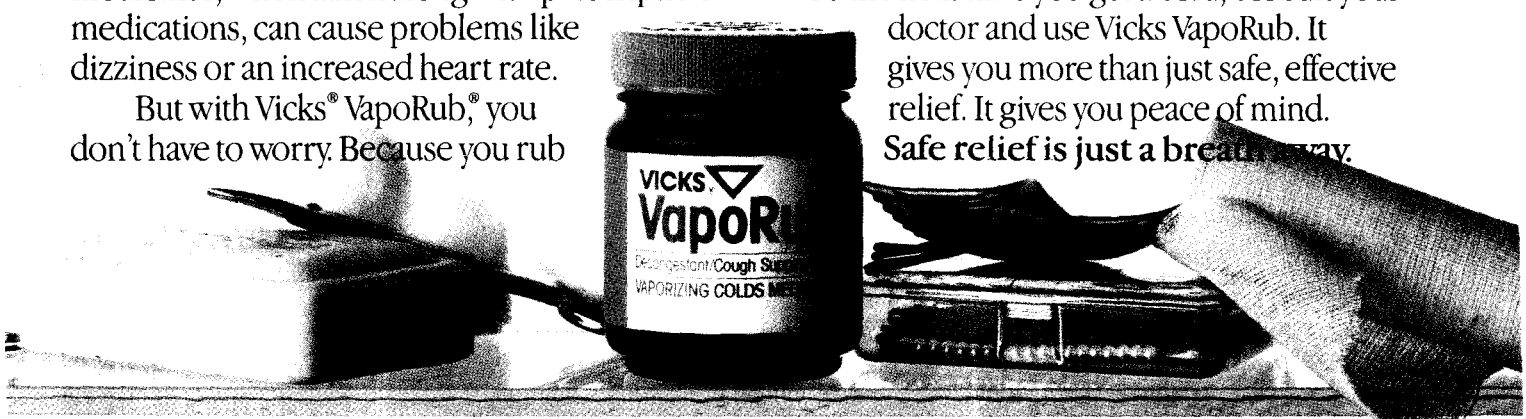
As any doctor will tell you, internal cold medicines, when taken along with prescription medications, can cause problems like dizziness or an increased heart rate.

But with Vicks® VapoRub,® you don't have to worry. Because you rub it on the outside of your body, it won't mix with medicines on the inside, the way pills can.

And VapoRub's medicated vapors relieve congestion just as effectively as a decongestant pill.

So the next time you get a cold, consult your doctor and use Vicks VapoRub. It gives you more than just safe, effective relief. It gives you peace of mind.

Safe relief is just a breath away.



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different areas during the winter.

•Home heating can be a factor. "Gas or oil forced-air heat produces about the same humidity as Death Valley," says Keith R. Powell, M.D., the chief of the division of infectious diseases at the University of Rochester Medical Center. "That dries up mucous membranes in the nose, making them more vulnerable to viral attack." So those cool-mist humidifiers, often recommended for comfort after a cold hits, can also help you ward off infection. But be sure to scrupulously follow the manufacturer's instructions for keeping them clean: bacteria or fungi allowed to grow in the humidifier can be spread to you in the mist.

Safe Self-Diagnosis

Although most bugs that flourish in winter cause discomfort for only a week or so and then disappear on their own, some can be far more severe, even though they start with a mild-mannered appearance. So keeping track of how you feel and what's normal for your probable virus is important in determining when to call your doctor for advice.

Most people confuse colds and flus and tend to attribute any stuffed or runny nose to one or the other without any great specificity. Although both illnesses are upper-respiratory infections, their causes, symptoms, and treatments can be different.

A cold is not a specific illness but a syndrome—a group of symptoms—that can be caused by one of nearly 200 viruses, nearly half of which are called rhinoviruses. Colds usually come on slowly; a runny or stuffy nose, sneezing, and a sore throat are their most common features. If there's fever, it's usually low, and headache, if present, is mild.

In contrast, a true flu is an illness caused by one of three types of influenza A and B viruses. Influenza tends to be more sudden and severe in onset. Although nasal congestion and sneezing may occur, they are less severe than in colds. Instead, headache, muscle ache, dry cough, fatigue, and high fever are more likely. *(Myth—the "stomach flu." There's no such thing. So if you get gastrointestinal symptoms, it's something else.)*

Although the worst of flu symptoms are over faster (in three to five days) than the typical seven- to ten-day cold, feelings of weakness and fatigue can last for weeks. If what you have seems worse, or lasts longer, you need to see a doctor. And because colds and flus are not the only winter illnesses, your at-home diagnosis routine should check further for masquerading bugs or cold and flu complications. Here are some possibilities:

•*RSV (respiratory syncytial virus)*—This virus causes only mild cold symptoms in adults but in infants and young children can be life-threatening. Good clues to RSV, beyond a cough and a low fever, include a musical, high-pitched wheeze and rapid breathing, Dr. Powell says. RSV can be treated with ribavirin (Virazole), one of the few new drugs around that can combat viruses.

"Did you swipe my pen?"

•*Strep throat*—When a child age 5 to 18 complains of a severe sore throat, think "streptococcus infection" and call your doctor. Strep is one of the most common pediatric diagnoses after colds and ear infections. It can lead to life-threatening rheumatic fever, which can be prevented by prompt antibiotic treatment.

The new "rapid strep tests" that have entered use in the past few years were thought to be a boon—a diagnosis in ten minutes rather than waiting overnight for a culture. But a study of 200 children at the University of Rochester School of Medicine called the usefulness of rapid strep tests into question. "The likelihood of getting another strep infection that year decreased eightfold in youngsters for whom antibiotic treatment was delayed two or three days, to allow them to build up some immunity—as opposed to those who were given penicillin right away," says Michael E. Pichichero, M.D., a clinical professor of pediatrics. So although penicillin definitely helps a child feel better faster, you may be preventing reinfection by waiting for the overnight culture (which also cuts the risk of false negative readings more common in the rapid test).

•*Asthma*—If your child has a cough that hits only when he's outdoors in the cold weather, it could be a sign of asthma. Get a professional opinion.

•*Pneumonia*—More commonly a complication of flu than colds, pneumonia tends to signal its onset with coughs and high fevers that extend beyond a week to ten days. Although we think of the elderly as at greatest risk, one type of pneumonia—mycoplasma pneumonia—is more common in teens. Also called walking pneumonia, it can hang on for months. Get antibiotic care for your teen.

•*Reye's syndrome*—This potential killer is most often seen in children given aspirin for the flu or chickenpox. Reye's shows up days or weeks later, its earliest signs being vomiting or a change in level of consciousness. "Although adults have learned not to give aspirin to children, we've seen more Reye's in teens who self-treat at the home medicine cabinet when they don't feel up to par," Dr. Powell warns. So watch out for "sleepy" teens with upset stomachs.

•*Diabetes*—Most new cases of insulin-dependent diabetes occur between November and March; they hit children between the ages of 5 and 15. The American Diabetes Association warns that such symptoms as fatigue, shortness of breath, and nausea may be confused with flu or gastroenteritis. If these or other signs occur together with unusual thirst, frequent urination, and rapid weight loss, get medical attention right away before a potentially fatal diabetic coma occurs.

Beyond these major threats, also be sure to call a doctor about shaking

continued on page 106

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Better Grades Guaranteed!

by Art McFarlane

An exciting new program guaranteed to help college students improve their grades without spending more time in study!

Getting good grades is perhaps the single most important goal in the life of every serious college student. A student's grades in college often determine lifetime earning potential and future employment level.

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Harvard Business School graduate Steve Douglass is helping thousands of college students receive significantly higher grade point averages. In his motivating 60-minute video, *How to Get Better Grades and Have More Fun!*, Douglass shows students how to achieve maximum benefit from classroom lectures and personal study times.

Exclusive Guarantee

Any college student who applies the principles taught in *Better Grades* for one full year and fails to see an improvement in GPA may return it for a 100 percent refund!

Steve Douglass is an author and popular speaker on leadership, management and personal development. He is the executive vice-president of Campus Crusade For Christ, an international organization consisting of over 16,000 people. Steve is a graduate of Massachusetts Institute of Technology and Harvard Graduate School of Business Administration, where he graduated in the top two percent of his class.

Aggressive Thinking

Steve bases his practical and proven study techniques on the principle that 80 percent of the benefits from school can be derived from students doing the right 20 percent of activities well. He teaches students how to identify and maximize upon the right 20 percent of material being studied.

"We truly saw a turnaround in our son's attitude about his studies — going from D's and F's to all A's and B's."
—Mother in New York City

"I went to law school in my mid-thirties. Better Grades helped me to graduate on the dean's list even though I was a housewife with two small kids."
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"A video so unique and well done that I wish I had viewed it before I entered college — eight years ago!"
—Video Industry Spokesman

Better Grades teaches students how to "think aggressively" — to develop active thinking patterns that result in greater retention of information. Aggressive thinking enables students to focus on the main themes of each class, establish good study priorities and zero in on the materials most likely to appear on those "killer exams".

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Steve presents principles that help students learn to love doing things they need to accomplish, but hate doing. From personal experience and a fresh Christian perspective, he shows students how to cope with the pressures of college and unlock a more rewarding lifestyle.

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MEDICAL MAILBOX
by Cory SerVaas M.D.

A good kitchen is a good apothecaries' shop.—*William Bullein [d. 1576]*

Schoolgirl Tragedies

When Dr. Robert Schuller visited our offices recently, we talked about the tragedy of teenage pregnancies because of the large number of birth-defective babies teens must endure, to say nothing of the harmful physical effects on these too-young mothers' bodies.

Dr. Schuller shares my Iowa farm background, and he recalled the pullet eggs that were so small they weren't ever used to hatch healthy chicks. And I reminded him that young female dogs were never bred during their first or second heats by those who cared about showing the dogs, because the mother might damage her pelvis and because the pups would be far more likely to have hip dysplasias and other problems. On the farm, young heifers were likewise spared pregnancy until they were fully mature.

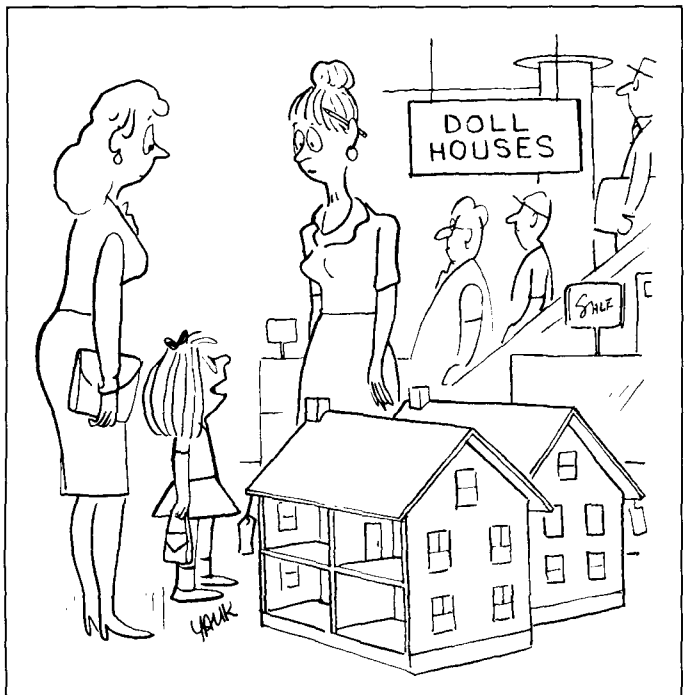
Greg Vanzo

When Dr. Robert Schuller, with his son Robert (center) and a long-time associate, Mike Nason, visited the *Post*, we brainstormed about Indiana's health problem: one of the highest teenage pregnancy rates in the nation.

Our question to Dr. Schuller: How can we motivate the 14- and 15-year-old girls to finish high school before becoming mothers? Indiana has one of the highest incidences of teenage pregnancies in the nation.

Perhaps if children learned about the birth of baby horses and calves, they would view reproduction with more reverence. We called Dr. Martin Stob at Purdue University to learn more about reproductive physiology. Dr. Stob was a fount of information. "Chicks from pullet eggs don't get off to much of a start," he said. And there was a time when you couldn't even register a purebred calf if it had been born to a mother less than three years old. This isn't true today, but cattle breeders don't like to breed a heifer until it is 24 months old. It is hard on the heifer. There is danger that the offspring will be too large for the mother to give birth. An even more devastating effect on the health of the mother is that she isn't mature enough to undergo the rigors of milk production without depleting her own calcium reserves. Young farmyard animals go into heat before they are ready to bear young. Good stewards prevent them from mating for their own good. A too-young mother's growth can be arrested and possibly stunted for life by an early pregnancy.

Dr. Stob pointed out that many young females today reach their menarche several years earlier than was the case 20 years ago. This means that a young teenager is capable of becoming pregnant before her pelvis is large enough for a vaginal birth. Very young teenagers have a higher incidence of premature babies who have more brain hemorrhages, cerebral palsy, and mental retardation.



"Is it radon free?"

Non-Hodgkin's Lymphoma

Dear Dr. SerVaas:

Several years ago you ran a feature article on the treatment of breast cancer. As part of the article, an official from the National Institutes of Health in Washington, D.C., stated that there was a listing available of physicians, hospitals, cancer-treatment centers, etc., that had the highest success rates in treating various forms of cancer.

I am wondering if I could obtain such a listing for treating non-Hodgkin's-type lymphoma.

Robert W. Coy, D.D.S.
Chambersburg, Pennsylvania

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5 reasons why most Americans may not be getting enough magnesium

Your body's magnesium can be affected by

1. certain medications
2. a diet too high in protein and fats
3. alcohol consumption
4. age (50 or older)
5. an inadequate intake of magnesium-rich foods

Magnesium is a mineral that is essential in maintaining the heart, kidneys, muscles and bones. If you don't think you're getting enough magnesium for any of the reasons above, you may want to *discuss with your physician* the need for a magnesium supplement.

Remember: Not all magnesium supplements are the same. Slow-Mag® contains magnesium chloride, a slow-release form of magnesium that is reliably absorbed and used by the body. Slow-Mag gives you the magnesium your body needs.

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We consider Dr. Vincent DeVita the best authority on the subject of non-Hodgkin's-type lymphoma. We wrote about him in the *Post* when he was the director of the National Cancer Institute. He has since left the NCI and can be reached at Memorial Sloan-Kettering Cancer Center, in New York City.

We are sending a copy of your letter to him, and we suggest you make contact with his office for further help.

Thank you for the confidence you place in our publication, and we wish you success.

Acne Detective Agency

Dear Dr. SerVaas:

In the October '89 *Post* you advised someone with acne that perhaps avoiding peanuts and chocolate would help them.

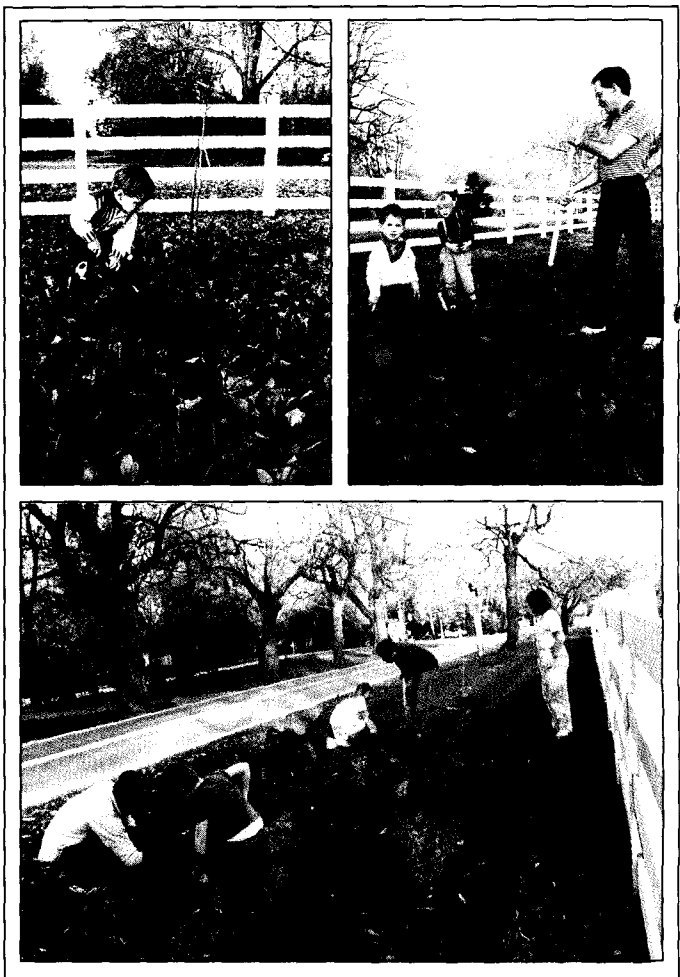
I have had considerable problems with minor acne that seemed to respond to avoiding peanuts, chocolate, oranges, grapefruit, tomatoes, spices, caffeine, and peaches, as well as other nuts.

More recently I had a severe problem of deep red acne on both cheeks. I was beginning to think it was due to hormonal problems when I decided to avoid wheat, which I had begun eating after three years of avoidance. My face began to clear and has nearly healed. I would never have believed wheat could do such a thing had it not happened to me.

Back to the basic idea: just about anything can cause any reaction.

We have to be careful, hardworking detectives to find out our own problems. Doctors cannot be expected to do what only we can do. We need to keep records of foods, other things we come in contact with, and our reactions.

"I'm not surprised. They said there was going to be a shortage of nurses."



Peter Michael

These youngsters wouldn't need to worry about the greenhouse effect when they grow up if all the kids were encouraged to plant a tree once a year or more. The carbon dioxide in polluted air is converted to oxygen when there are green leaves growing all around. So the Children's Better Health Institute held its first annual tree-planting party last fall with happy youngsters doing their part. The trees they planted were red oak, river birch, Austrian pine, white pine, and fir.

We need to be informed. Read everything you can about allergies if you suspect you may have them.

Lucy Monzo
Clare, Michigan

Cloud Blows Over

Dear Dr. SerVaas:

Re: Edward Meyer's letter in the September '89 issue

I have not experienced the "rain" vision sensation, but once about three years ago, I suddenly had a cloud spreading from the outside of my left eye clear across to the inner corner. This was only in the vision and could not be seen by looking at the eye. The clouding took several minutes to be complete and from a half hour to an hour to clear. I also had no pain, and my ophthalmologist diagnosed migraine. It has not recurred.

Lois Ask
Eugene, Oregon

Dear Dr. SerVaas:

In your September '89 magazine, Edward B. Meyer of

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Coronado, California, wrote about having seen rain in front of his eyes on occasion.

I am 67, and for many years I have seen rapidly moving zigzag images before my eyes. They last about 35 minutes with no headache or any warning signal, such as nausea or vomiting. I have seen this described as "scintillating scotoma." It is caused by the same condition that triggers migraine—a spasm of some of the arteries of the brain that temporarily reduces the flow of blood. The effect is transient, and there are no serious problems with these episodes.

A diagnostician can check to see that you have no accompanying disease, such as hardening of the arteries, hypertension, or stress.

M. M. Kruger
Hagerstown, Maryland

You're right in recommending that an ophthalmologist check to find the cause of any disturbed vision. Vision can be distorted not only by eye disease but also by such serious problems as diabetes or hypertension. Sometimes eyesight impairment may precede not-yet-manifested disease symptoms. Peering into the eyes with an ophthalmoscope enables the physician to see the tiny blood vessels and appraise their condition.

Formaldehyde Irritant?

Dear Dr. SerVaas:

I am desperately in need of help. If someone is allergic to formaldehyde, what would their symptoms be? Our mobile home is all paneled and has rugs on all the floors, and I'm told formaldehyde is in both. I had no trouble until we had a thermal-top roof put on. It will get worse when it gets cooler and doors and windows have to be closed. My symptom is a burning tongue, like it had been sprayed with acid. I've asked my doctor about formaldehyde and he doesn't know, so I don't know who else to turn to. My husband is so disgusted with me, as I had this same trouble over at our other mobile home after we had put a new roof on. The other time I saw an allergist, and he had me see an allergist professor at the University of Arizona. He sent me to a neurologist, who couldn't help me either.

Is there a test I can take to see if the formaldehyde is the cause? It doesn't bother my husband, so he has no sympathy for me. I tried washing my mouth out with Cepacol and putting Anbesol on my tongue, and both make it worse. The worst part of it: the doctor looks at my tongue and sees nothing wrong, as it looks normal, but oh, how it burns.

I would appreciate any help you could give me, as no one can give me an answer and no one knows of anyone who could help me. Surely there must be someone else who has had the same troubles.

Thanking you in advance.

Name withheld

Those with allergies often don't get enough sympathy from the family members who aren't afflicted. We checked with an Indianapolis allergist, Dr. Doug Horton, who reports that the American Academy of Allergy and Immunology views formaldehyde more as an irritant than an allergen, and they seem not to have any way to desensitize you to it. I do hope that if some of our readers have been successfully treated for a similar problem, they will write to the *Post*.

Easy on the Glutens

Dear Dr. SerVaas:

While reading the May/June '89 issue of the *Post*, I noticed the article written by the lady whose husband had to go on a gluten-free diet.

My wife also had to go on the gluten-free diet, and I can tell you it is a difficult diet to follow.

I would appreciate very much any recipes you could suggest or any place to get such recipes.

John W. Hartsell
Springfield, Missouri

We are sending you some recipes we have put together that follow the gluten-free diet. Readers, we would welcome additional gluten-free recipes to add to our collection.

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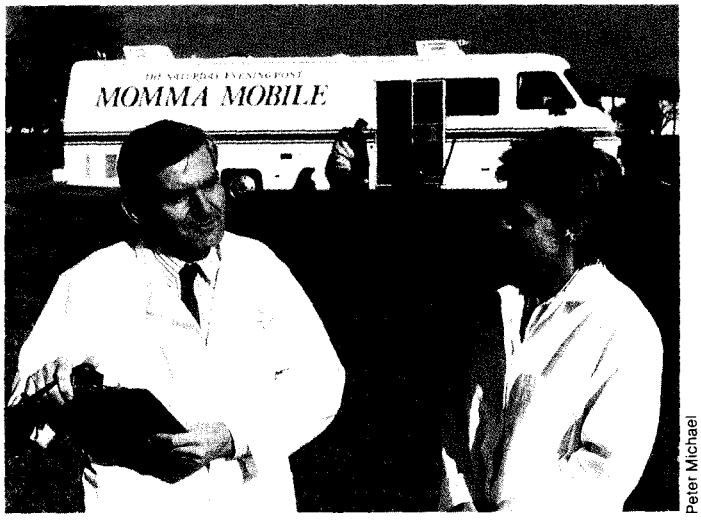

Peter Michael

Dr. Jerzy Jaskiewicz and Claudia Holly are new members of the Society's health-education team. Teaching children about health at an early age helps prevent schoolgirl pregnancies.

A Pediatrician from Poland

We met with Dr. Jerzy Jaskiewicz while we were in Poland last summer and learned of his interest in joining us at the Society. He's a pediatrician and clinical biochemist and just what the Society needed to further our preventive-health programs in schools. Dr. Jaskiewicz, who is here for six months to learn, is also making videotapes from translated materials we have done for "The Saturday Evening Post Health Show." He is translating them into Polish. If any of our Polish readers would care to help the Polish people in this manner, please let us hear from you.

When a reader wrote in about an allergy to dust mites, Dr. Jaskiewicz knew all about the problem from his Warsaw experience. "When a child leaves the city to go to the mountains, the stuffy-nose problem and the rash disappear," he said. The dust mites live in the skin on the body and are sloughed off into carpeting and mattresses. For some reason, those who are allergic to them seem to be bothered in cities at low altitudes and not at high altitudes. If the itch from the rash is very severe, an allergist can determine which of two dust mites is involved. The patient can be helped by injecting the proper allergenic extract.

"Remember, Hubert, medical insurance is a lot like wearing a hospital gown—you're never covered as much as you think you are."

Food for Thought

Dear Dr. SerVaas:

I appreciate the work you are doing in research and foods relating to health.

There is one thing I think is causing a lot of misery for many people, and they possibly do not realize what it is. That is monosodium glutamate. This insidious stuff is put in many foods and is very hard to detect unless you read every label. In restaurants it is almost impossible to know if you are eating it.

It is touted as a flavor enhancer. I contend it is totally unnecessary. If a food needs it, it probably isn't good food anyhow. I truly wonder how many healthy people wonder why they get sick nausea-type headaches and don't have any idea it is caused by monosodium glutamate. There are at least four people in my immediate family who suffer from it, and we know of nothing to do about it except wait a few hours until the effects wear off.

I believe all products containing it should be marked with some kind of symbol (possibly lengthy lists of ingredients with everything we purchase). I personally think it should be outlawed since it could easily be done without. Please warn your readers so they can check for themselves. It took me a long, long time before I made the connection.

Evelyn Green
Mooresville, Indiana

Don't Go to Surgery Without It

If you're contemplating surgery, and there is any possibility that you may require a blood transfusion, talk to your doctor about making sure that any homologous (other people's) blood you must receive has been tested for hepatitis C if at all possible. Hepatitis C was formerly called non-A, non-B hepatitis. It is believed that about 5 of 100 persons getting blood transfusions become infected with this virus. Heretofore, there wasn't any antibody test to discover it in the blood before transfusing it.

There is now a technique to identify it. If you can't predonate your own blood or have it recycled during surgery, then if at all possible, ascertain that the blood you may receive has been screened for hepatitis C. The screening test will undoubtedly become available very soon. Stay abreast to avoid getting hepatitis C after a transfusion. This insidious liver disease usually comes on several months after the transfusion. About half of those infected recover relatively quickly; the remainder become chronically infected and are left at increased risk for cirrhosis and possibly liver cancer. Scientists were unable to find the virus that caused it before this time. They knew it wasn't hepatitis B and it wasn't hepatitis A; thus, they called it non-A, non-B. It will, henceforth, be called hepatitis C. Now that the virus has been discovered, there is a test to identify carriers by detecting proteins produced in response to this virus.

The good news is that in a small study, a genetically engineered version of a naturally occurring protein, alpha interferon, was shown effective in treating hepatitis C. Hepatitis can be spread like AIDS, through sex and needle

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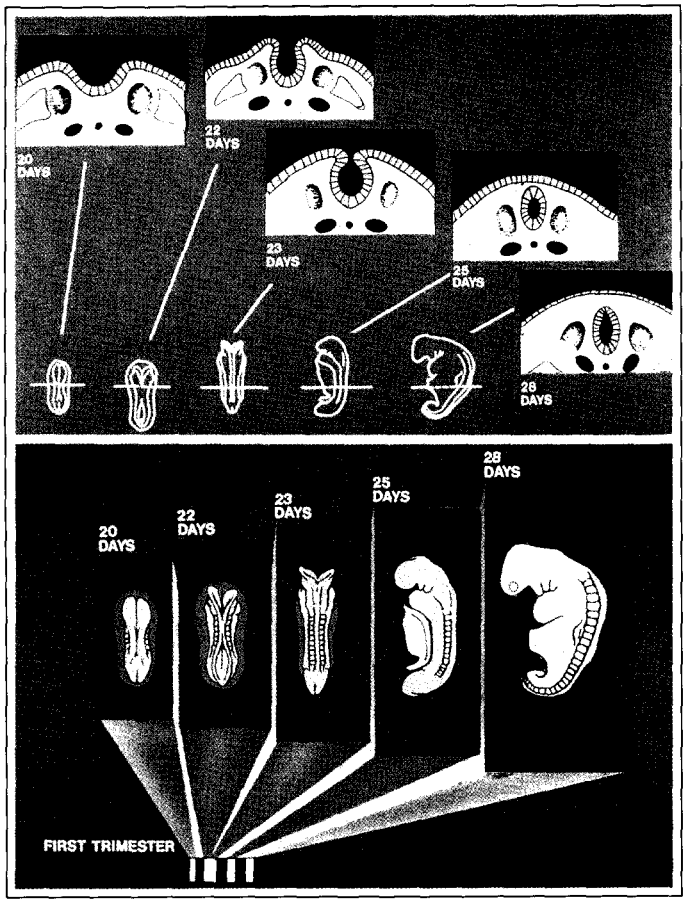

Conception alert! This illustrates the neural tube closing during the first 20 to 28 days of pregnancy. To help prevent neural tube defects, multivitamins containing 800 micrograms of folic acid (a B-complex vitamin) should be taken before conception and immediately following conception.

"Can't quite make it out, Mrs. Gumbach? And we drove here all by ourselves, did we?"

sharing, and it is far more prevalent than AIDS. At present, it causes more transfusion deaths than AIDS in this country.

Vitamins Before Conception

The unexpected arrival of a baby with anencephalus (absence of brain and spinal cord) or spina bifida (neural tube defect, or NTD) is a devastating blow to any mother. The occurrence is even more devastating and more likely to occur in early teenage mothers who are poorly prepared nutritionally to conceive a baby.

A recent study gave validity to our premise that all women of childbearing age and at risk for becoming pregnant should be on a multiple vitamin with sufficient folate to help prevent a neural tube defect should conception unexpectedly occur.

The recent study revealed 3.5 NTD births per 1,000 babies born to women not taking multivitamins containing folic acid, and 0.9 per 1,000 in women who took the folic acid during the first six weeks of pregnancy.

Most important, the study showed that for women who used multivitamins without folic acid during the first six weeks of pregnancy and women who used multivitamins containing folic acid beginning after seven or more weeks of pregnancy, the prevalences were similar to that of the nonusers.

It is our opinion that all girls at risk for pregnancy should be on a daily multivitamin containing 800 micrograms of folic acid, a B-complex vitamin that appears to prevent the high incidence of NTDs (see "Medical Mailbox," October '82 and March '83).

Calling All Doctors

Dear Dr. SerVaas:

It is with deepest respect for your profession that I write this letter, and I will send it certified so that I know you will get it. I am very concerned about a practice that I see all doctors and nurses doing that badly needs correcting. I even see you on TV doing the same thing. The medical profession is always on the alert for infections of all kinds, but they themselves are guilty of one of the worst areas of infections to the patient.

This is the stethoscope. All of you wear it around your necks, or stuffed in a dirty pocket, even wearing it on TV, or walking outside with it still around your neck. You then go from patient to patient putting it on everyone, on chests and backs and stomachs, and never a sign of sterilization between patients.

This practice is the same with the blood pressure cuffs and machines. Never is anything inserted between patients on those cuffs, and even the new walk-style machines go from room to room, patient to patient with nothing to keep infections from spreading, such as staph, etc.

I would like to ask you to help me to get all of this changed by the A.M.A. In this day of AIDS and other dangerous infections, we need to do something about this practice.

I have tried to bring this to the attention of medical people, and they just shrug it off, but you are in a position to make a difference. Please help me, Dr SerVaas. It is very important for me to accomplish this. Waiting to hear from you.

Mrs. Paul Olson
Elkhart, Indiana

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Splendid Outcast

continued from page 49

circle of men who guard him. Suddenly, there are cries, shouts of warning, the ringing of chains, and the cracking of leather, and the crowd leaps to its feet. Rigel is loose. Rigel has hurled his captors from him and he stands alone.

It is a beautiful thing to see, but there is terror in it. A thoroughbred stallion with anger in his eye is not a sight to entrance anyone but a novice. If you are aware of the power and the speed and the intelligence in that towering symmetrical body, you will hold your breath as you watch it. You will know that the teeth of a horse can crush a bone, that hoofs can crush a man. And Rigel's hoofs have crushed a man.

He stands alone, his neck curved, his golden tail a battle plume, and he turns slowly, deliberately, and faces the men he has flung away. They are not without courage, but they are without resource. Horses are not tamed by whips or by blows. The strength of ten men is not so strong as a single stroke of a hoof; the experience of ten men is not enough, for this is the unexpected, the unpredictable. No one is prepared. No one is ready.

The words "Five hundred" die upon my lips as I watch, as I listen. For the stallion is not voiceless now. His challenging scream is shrill as the cry of winter wind. It is bleak and heartless. His forehoofs stir the tanbark. The auction is forgotten.

A man stands before him—a man braver than most. He holds nothing in his hands save an exercise bat, and it looks a feeble thing, and is. It is a thin stick bound with leather—enough only to enrage Rigel, for he has seen such things in men's hands before. He knows their meaning. Such a thing as this bat, slight as it is, enrages him because it is a symbol that stands for other things. It stands, perhaps, for the confining walls of a darkened stable, for the bit of steel, foreign, but almost ever-present in his mouth, for the tightened girth, the command to gallop, to walk, to stop, to parade before the swelling crowd of gathered people, to accept the measured food gleaned from forbidden fields. It stands for servitude. And Rigel has broken with his overlords.

He lunges quickly, and the man with a bat is not so quick. He lifts the pathetic stick and waves it in desperation. He cries out, and the voice of the crowd drowns his cry. Rigel's neck is outstretched and straight as a saber. There is dust and the shouting of men and the screaming of women, for the stallion's teeth have closed on the shoulder of his forlorn enemy.

The man struggles and drops his bat, and his eyes are sharp with terror, perhaps with pain. Blood leaves the flesh of his face, and it is a face gray and pleading, as must be the faces of those to whom retribution is unexpected and swift. He beats against the golden head while the excitement of the crowd mounts against the fury of Rigel. Then reason vanishes. Clubs, whips, and chains appear like magic in the ring, and a regiment of men advances upon the stallion. They are angry men, brave in their anger, righteous and justified in it. They advance, and the stallion drops that man he has attacked, and the man runs for cover, clutching his shoulder.

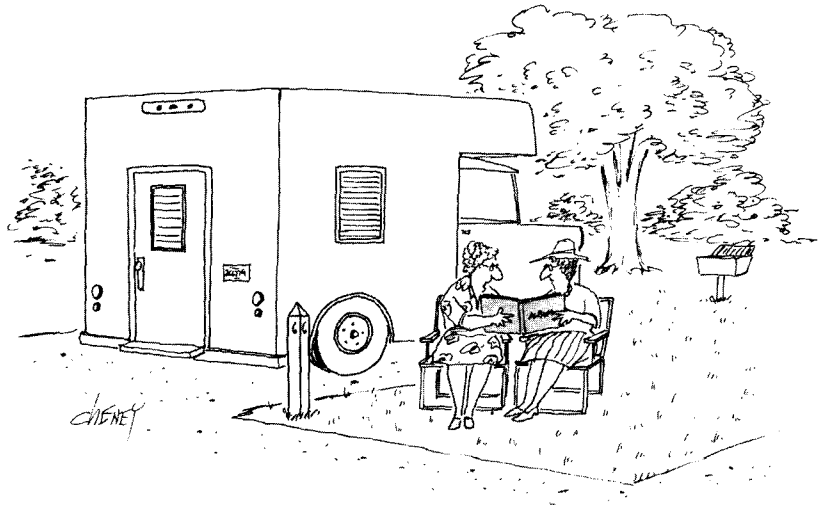
I am standing, as is everyone. It is a strange, an unreal thing to see this trapped and frustrated creature, magnificent and alone, away from his kind, remote from the things he understands, face the punishment of his minuscule masters. He is, of course, terrified, and the terror is a mounting madness. If he could run, he would leave this place, abandoning his fear and his hatred to it. But he cannot run. The walls of the arena are high. The doors are shut, and the trap makes blindness of his anger. He will fight, and the blows will fall with heaviness upon his spirit, for his body is a rock before these petty weapons.

The men edge closer, ropes and chains and whips in determined hands. The whips are uplifted, the chains are ready; the battle line is formed, and Rigel does not retreat. He comes forward, the whites of his eyes exposed and rimmed with carnelian fire, his nostrils crimson.

There is a breathless silence and the little jockey slips like a ghost into the ring. His eyes are fixed on the embattled stallion. He begins to run across the tanbark and breaks through the circle of advancing men and does not stop. Someone clutches at his coat, but he breaks loose without turning then slows to an almost casual walk and approaches Rigel alone. The men do not follow him. He waves them back. He goes forward, steadily, easily, and happily, without caution, without fear, and Rigel whirls angrily to face him.

Rigel stands close to the wall of the arena. He cannot retreat. He does not propose to. Now he can focus fury on this insignificant David who has come to meet him, and he does. He lunges at once as only a stallion can—swiftly, invincibly, as if escape and freedom can be found only in the destruction of all that is human, all that smells human, and all that humans have made.

He lunges and the jockey stops. He does not turn to lift a hand or otherwise move. He stops, he stands, and there is silence everywhere. No one



"There's a picture of my late husband. Leon and I had a good life together, up until he stepped out to get the morning paper while I was doing 65 on the interstate."

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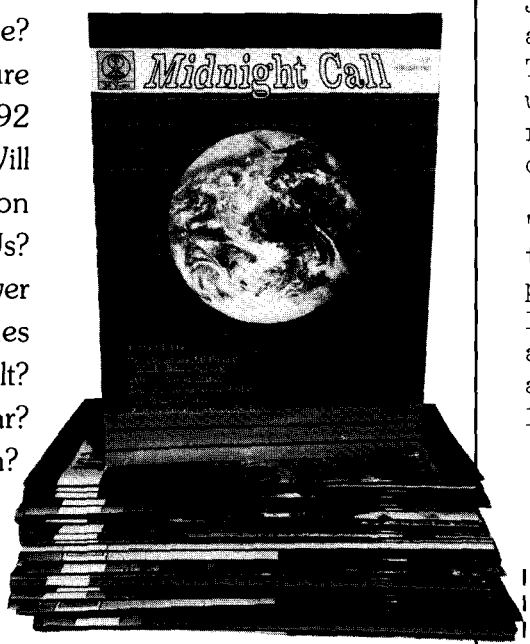

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speaks; no one seems to breathe. Only Rigel is motion. No special hypnotic power emanates from the jockey's eyes; he has no magic. The stallion's teeth are bared and close, his hoofs are a swelling sound when the jockey turns. Like a matador of nerveless skill and studied insolence, the jockey turns his back upon Rigel and does not walk away, and the stallion pauses.

Rigel rears high at the back of the little man, screaming his defiant scream, but he does not strike. His hoofs are close to the jockey's head, but do not touch him. His teeth are sheathed. He hesitates, trembles, roars wind from his massive lungs. He shakes his head, his golden mane, and beats the ground. It is frustration—but of a new kind. It is a thing he does not know—a man who neither cringes in fear nor threatens with whips or with chains. It is a thing beyond his memory perhaps—as far beyond it as the understanding of the mare that bore him.

Rigel is suddenly motionless, rigid, suspicious. He waits, and the gray-eyed jockey turns to face him. The little man is calm and smiling. We hear him speak, but cannot understand his words. They are low and they are lost to us—an incantation. But the stallion seems to understand at least the spirit if not the sense of them. He snorts, but does not move. And now the jockey's hand goes forward to the golden mane—neither hurriedly nor with hesitance, but unconcernedly, as if it had rested there a thousand times. And there it stays.

There is a murmur from the crowd, then silence. People look at one another and stir in their seats—a strange self-consciousness in their stirring, for people are uneasy before the proved worth of their inferiors, unbelieving of the virtue of simplicity. They watch with open mouths as the giant Rigel, the killer Rigel, with no harness save a head collar, follows his Lilliputian master, his new friend, across the ring.

All had happened in so little time—in moments. The audience begins to stand, to leave. But they pause at the lift of the auctioneer's hand. He waves it and they pause. It is all very well, his gesture says, but business is, after all, business, and Rigel has not been sold. He looks up at me knowing I have a bid to make—the last bid. And I look down into the ring at the stallion I have come so far to buy. His head is low and close to the shoulder of the man who would take him from me. He is not prancing now, not moving. For this hour, at least, he is changed.

I straighten, and then shake my head. I need only say, "Five hundred," but the words won't come. I can't get them out. I am angry with myself—a sentimental fool—and I am disappointed. But I cannot bid. It is too easy—20 pounds too little, and yet too great an advantage.

No. I shake my head again, the auctioneer shrugs and turns to seal his bargain with the jockey.

On the way out, an old friend jostles me. "You didn't really want him, then," he says.

"Want him? No. No, I didn't really want him."

"It was wise," he says. "What good is a horse that's warned off every course in the Empire? You wouldn't want a horse like that."

We move to the exit, and when we are out in the bright cold air of Newmarket, I turn to my friend and mention the little jockey. "But he wanted Rigel," I say.

And my old friend laughs. "He would," he says. "That man has himself been barred from racing for 15 years. Why, I can't remember. But it's two of a kind, you see—Rigel and Sparrow. Outlaws, both. He loves and knows horses as no man does, but that's what we call him around the tracks—the Fallen Sparrow." ✖

Like a Pro

continued from page 71

a scrimmage, I'd stop play and yell at a kid because he didn't see a teammate who was open for an easy shot, or he missed that a particular passing lane was clear, or he wasn't paying attention on defense and his man slipped right by him for an easy lay-up. I had to learn that the kids couldn't see wh I saw, that the game I was playing in my mind was a lot different from the game they were playing on the floor. To me, everything was clear. It was like a book where everything was explained down to the smallest detail and illustrated with pictures that were clear and strong. But to a lot of people, the game was too fast and too complicated to see. The pictures were blurry. That's unfortunate because if people would learn to visualize the game, to see it and think it the right way, then everything on the floor becomes crystal clear. It becomes a whole new game.

Even basketball fans who've never played the sport can develop a feel for the game from the stands. So more than just knowing the score, they'll know how to read the importance of different scoring margins and how each team is reacting to being ahead or behind. Good teams are always capable of erasing almost any lead. So they'll watch closely the team that's ahead and look for signs that they're

"No, dear, you can't have another husband. You forgot to feed the last one."

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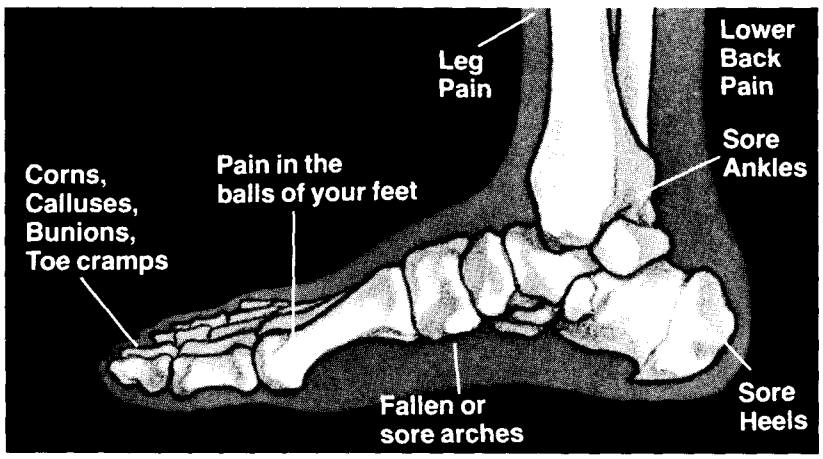

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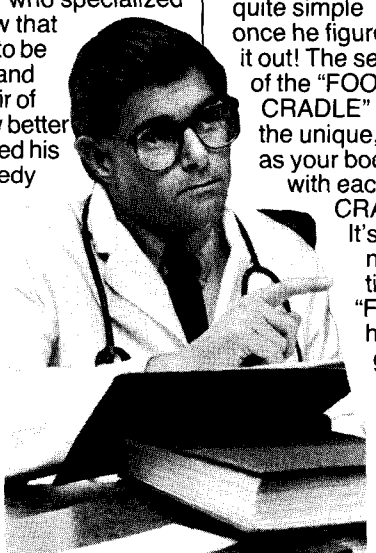

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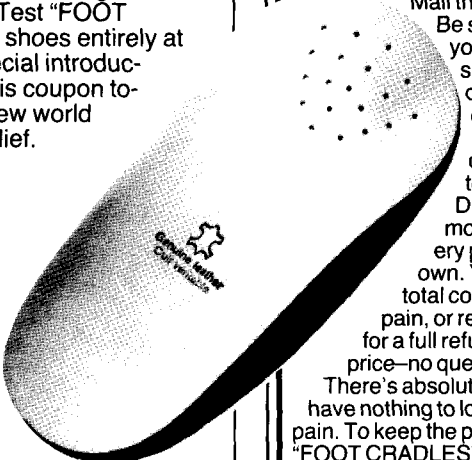

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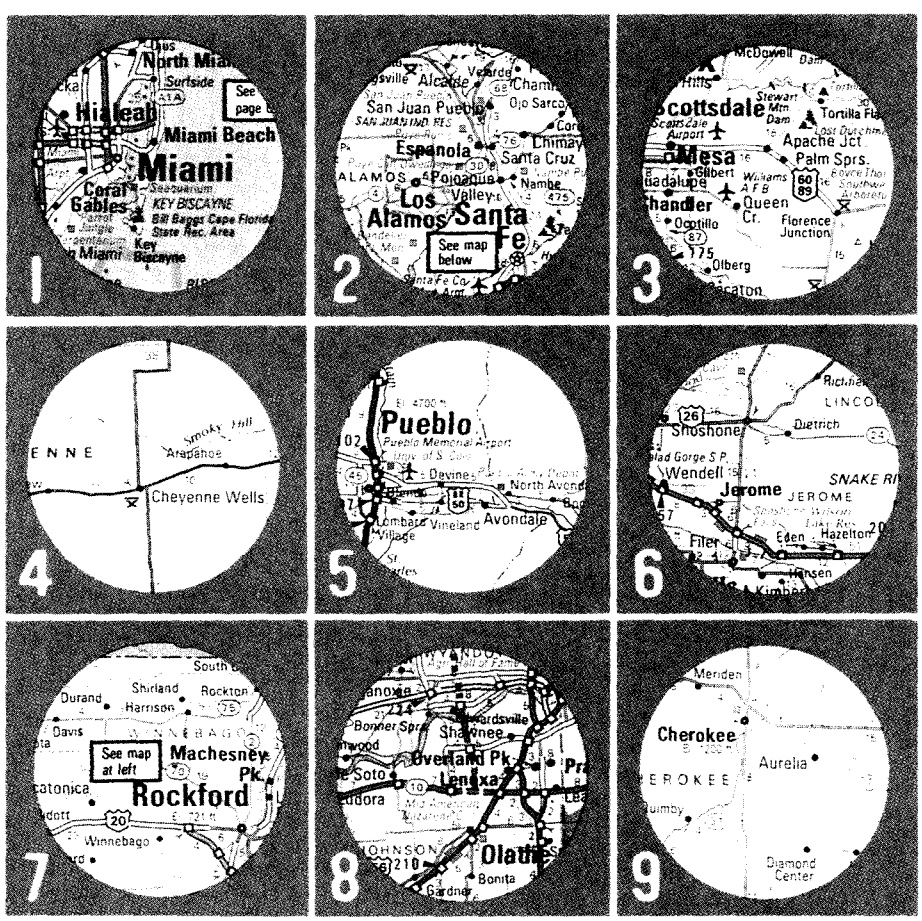
satisfied with the lead. That's the most dangerous thing that can happen to a team, but it happens to almost everybody. In December of 1988, the Lakers blew a 20-point lead against the Washington Bullets at the Capital Centre in Landover, Maryland. That's because we got lazy. We were in the middle of a slump, and we weren't playing well; we were so happy to get a lead, we relaxed. Before we knew it, it was their game again, and with their crowd behind them, we just couldn't regain control. It was embarrassing. That's one game *no one*, except maybe Bullets' fans, should want to see through my eyes.

From the stands, spectators can also become the coach. If a team scores three or four times in a row against the home team, do you call time-out? Do you make a substitution? Do you yell at the players for making mistakes or encourage them to just play harder and concentrate? Do you let the players on the floor ride out the storm? If one particular player is hot, if he's just running his defender in circles, do you call his play again? And again? Or do you use him as a decoy to set up someone else for the shot? If the player misses badly, do you call his play again? Do you rest him? Do you allow the rookie to play through his mistakes, even though it might cost the team some points? Or do you risk shattering his confidence by taking him out? And what about your reserves? Are you concerned that they get at least a few minutes of playing time? Do you reward them for practicing hard or just let them know that the games are only for the starters and two or three other key players? Decisions, decisions.

All these questions are being asked on the floor as the game is being played, which is why basketball is such a fascinating game. The players and coach are trying to answer them every moment we're out on the floor. Those questions should be going through the fans' minds as they're watching any game, no matter whether it's a game between kids; teenagers on the playground; adults at the YMCA or YWCA; or boys and girls on teams in junior high, high school, or college. Think the game as well as play it.

To me, basketball is a labor of love, and I'd like to help anyone who plays the game or just watches it to enjoy it more, understand it more, or play it better. Besides winning championships, that's my reward. Every time fans come up to me and say I helped bring them into basketball, I smile.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 112)

What You Can Do

continued from page 92

chills and fever or earaches. These symptoms indicate bacterial infections that warrant immediate treatment with antibiotics. Other signs that call for a doctor's attention include: coughing up blood, swelling or tenderness of the neck glands, severe headache with stiff neck, and any chest pain, as well as listlessness in the child.

A Step Forward in Prevention

Prevention, of course, is always the better way. There's a virtually guaranteed way to prevent flu: get vaccinated. Because the three strains of flu that have been circulating for some years change slightly as they travel around the world and because the shot provides immunity for only a comparatively short time, a new flu vaccine is needed every year. The precise assortment of killed viruses used by manufacturers to make each year's vaccine is prepared in the laboratory of Edwin D. Kilbourne, M.D., a distinguished service professor of microbiology at New York's Mount Sinai Medical Center. In the future, he hopes a longer-duration, wider-spectrum vaccine will be developed.

The Centers for Disease Control only *urges* vaccination for people who are at greatest risk of suffering severe

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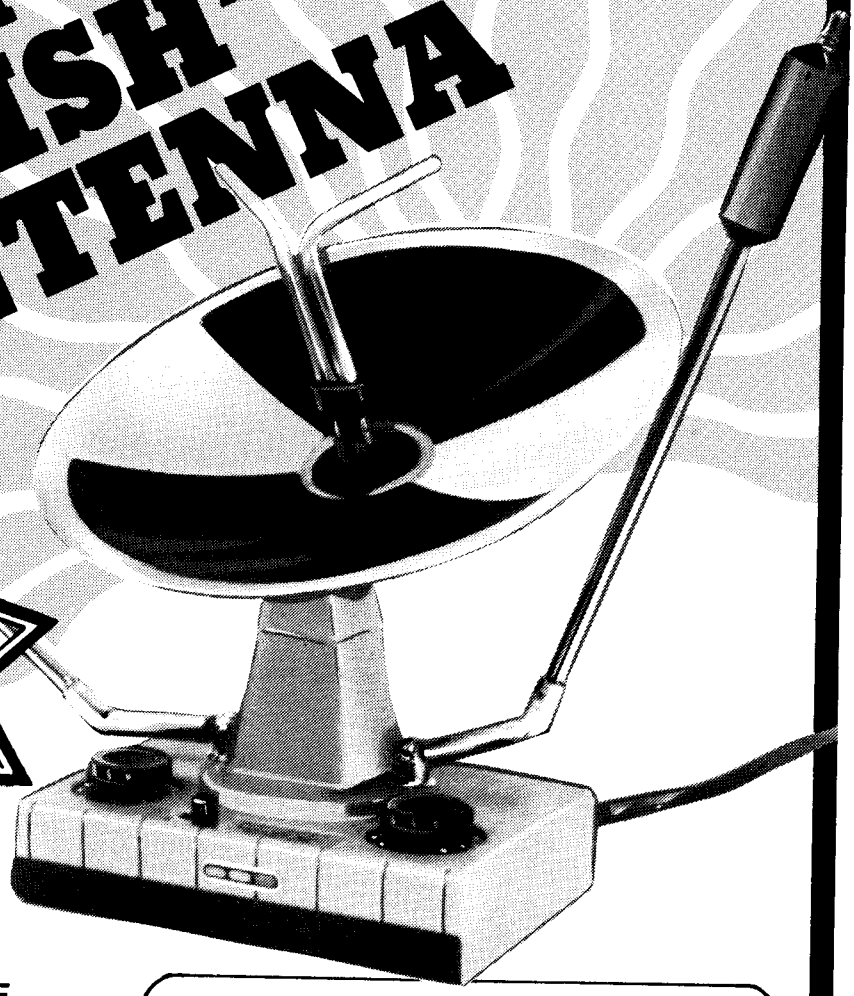

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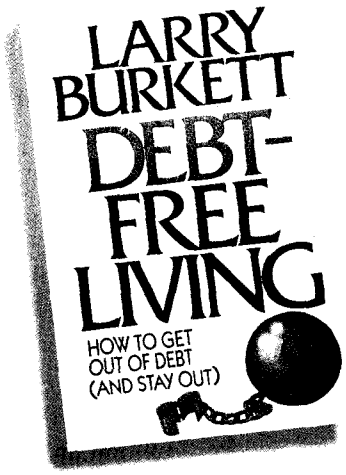

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flu complications: those with weakened immune systems, such as those over 65, or those who have chronic cardiac or respiratory problems, such as asthma—as well as those who care for such people.

However, about half of those vaccinated each year are not at higher risk—and they may be taking the wisest course. "If you don't want to miss a week from work—sick yourself or taking care of sick kids—get vaccinated," Dr. Powell says. "It's safe and effective."

When to do it? At least a month before flu hits your area. You can call your county health department (which may offer free shots to chronically ill and elderly people) to find out when the flu season arrives in your area.

If you miss your chance at vaccination but still want to prevent the flu, there's an oral medication that may do the trick: amantidine.

Two types of cough medicines are on the market: suppressants, also known as antitussins, which affect the central nervous system and reduce the urge to cough; and expectorants, which liquefy the phlegm in your throat and bronchial tubes and make it easier to cough up. Never take a combination of the two—that's just contradictory. "The only time a cough suppressant may be indicated is if it's dry and hacking—showing it's pure irritation and not valuable—or if it's interfering with sleep, which can be debilitating," Dr. Eigen insists.

Finally, remember, "If you feel sick, act sick and take it easy," Dr. Kilbourne says. "You will recover more rapidly if you minimize stress and get more rest."

Road's Scholar

continued from page 57

One can only guess at the thousand who have been misled by that sign.

Along about sunset, back on artery 13, I had no more than gotten the car up to basic 55 than I risked passing a roadside stand without stopping. Even got a half mile beyond before she said, "They were selling blueberries." Automatically my foot went from the accelerator to the brake pedal. I managed to turn around at the next driveway before the owner could come out. He was selling guinea pigs.

"Sorry, the people just leaving took the last of the blueberries," the stand man explained. Had I stopped in the first place, it went without saying . . . but dear wife said it. And said it. And said it. And so that I would remember the next time, she filled all available space, including the hamster cage, with sweet cherries.

As soon as we were on speaking terms again, I was informed that we could return to aorta highway 69 either at Pendleton or at Fishers. Preferring Fishers, I said Pendleton. She thought Fishers was better. So I gave in. From there, it was only 70 miles to Freedom and home-sweat-home.

Coming up the driveway (and I'm not making this up), the car, after 1,500 miles with no problem, began making such a clatter that I thought we wouldn't make it. When we did, I found the tailpipe loose from the muffler and dragging on the ground.

And you know, folks, somehow I couldn't blame it.

Diabetes

continued from page 12

think that would be prudent.

"I think we might find we made mistakes, but all the evidence available suggests that, without having an uncomfortable diet—or without being a martyr—we can still eat for enjoyment. We don't always have to stick to a diet.

"In the history of medicine," Dr. Burkitt pointed out, "we haven't waited to understand mechanisms

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before taking action. Everybody who does epidemiology knows about the cholera epidemic in England 150 years or so ago where a Dr. Snow plotted all the cases of cholera on a map and asked himself what might be the common factor of all the people who have cholera. He found they all drew water from the same pump and that that pump took water from the Thames be- w where the sewage went in. So he said perhaps it's due to bad water.

"He didn't know any more than that but said to the parish council, 'Will you please give me permission to take the handle off the pump?' When he took the handle off the pump, the cholera epidemic subsided. So people decided it is bad to drink sewage-contaminated water. They didn't know why. It wasn't until a long time later that they discovered the organisms, the vibrio that was causing cholera.

"A lot of the pseudoscientists today would say, uh-uh, we mustn't follow Snow's work until we find out exactly what it is all due to and how it works. You've got to do the research work, but if you have enough evidence on something, you take action before you understand it. I don't remotely understand electricity or how electric bulbs work, but when I go into a room I turn the switch on and it's fine. I don't have to wait until I understand all about electricity before I use it."

Dr. Burkitt is by no means alone in his evaluation of fiber in the fight against diabetes. Years of research by Dr. James Anderson, a professor of medicine and clinical nutrition at the University of Kentucky Medical College, have firmly established that a diet high in fiber can reduce the insulin requirement of some diabetics and has been known to eliminate it completely in some Type II diabetics.

"Over the last century there was a gradual change in the diet of the average American. We began eating more fa and cholesterol as well as more refined sugars than our great-grandparents did," Dr. Anderson said. "We should eat more unrefined starch from potatoes, beans, and whole grains. Much of the beneficial fiber is stripped from our flour before it reaches the table." He added that many experts think these changes in diet are largely responsible for the present epidemic of heart attacks, strokes, hardening of the arteries, and diabetes.

"American diabetics have five times

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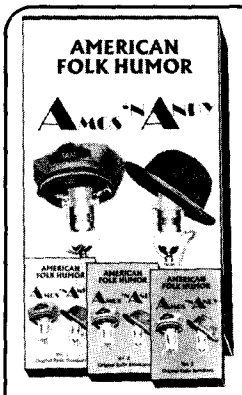

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more heart attacks and strokes than Japanese diabetics," Dr. Anderson said. He believes the reason is that Japanese diets are low in fat and cholesterol. He also noted that high-fat diets may contribute to obesity, the complicating problem in more than 75 percent of all adult diabetics.

Dr. Anderson was an early pioneer in getting physicians to begin encouraging their patients to eat more high-fiber, low-fat foods. When he began his crusade, the standard diabetic breakfast at hospitals was bacon, eggs, and high-protein foods. Dr. Anderson and his colleagues introduced the high-fiber and less-fat concept in America and abroad. He has experimented with a number of high complex-carbohydrate foods to prove his point. He believes that the average adult's diet should include at least 40 grams of fiber. "You can greatly increase your intake by substituting fiber-rich foods you already eat," he says, adding that whole-wheat bread, bran cereals, oats, beans, and most vegetables are good fiber sources.

Dr. Anderson also advises switching ideas about the "typical" American meal that consists of meat as the primary food, with vegetables and bread as side dishes. Vegetables, salads, beans, breads, and fruits, he says, should be the primary dishes, with meat and fat as side dishes.

Off the Record

continued from page 61

And he met with the people he wrote to. Once Ann Higgins asked him to call the Rossow family of Connecticut to congratulate them on their fine family. At the time, Mr. and Mrs. Rossow had 14 children, most adopted and many handicapped. The President not only called but, typically, asked to speak to everyone in the family, including the youngest, a little boy named Benjamin who was born with only a brain stem. The President not only spoke to them, he invited them to visit as well. A few weeks later two vans drove up and deposited the 16 Rossows at 1600 Pennsylvania Avenue. They stayed with the Little Sisters of the Poor, who made waffles in their happy kitchen.

These kinds of things happened all the time in Reagan's White House. You'd walk by the Oval Office and there was a family full of people with no legs nodding hello to a dwarf who was bringing a message from the doorman at the Mayflower, who'd get a reply. No one else ran a White House like this, none of the modern presidents.

Ronald Reagan was genuinely kind and utterly egalitarian. He never thought he was stooping to these people, he didn't think he was better, and he was possessed of an intuitive sense of the purpose of royalty. He would have instinctively understood Oliver Goldsmith's exclamation of the common man's love for the King: "I flee from petty tyrants to the throne!"

• • •

There was too much deference in him. He was too deferential to the more sophisticated, too-assertive people with impressive degrees. He even deferred to his secretary, writing his letters in longhand, neatly printing out the entire name and address on the top of the page so she wouldn't have to look it up. Sometimes he didn't have the zip and he'd be apologetic and ask if she could please look it up if she had a minute.

• • •

I guess the most special thing of all was the humor. It was like Lincc those who knew him and were asked what he was like would start to smile, and the smile was because of the funny thing he'd told them that they couldn't forget.

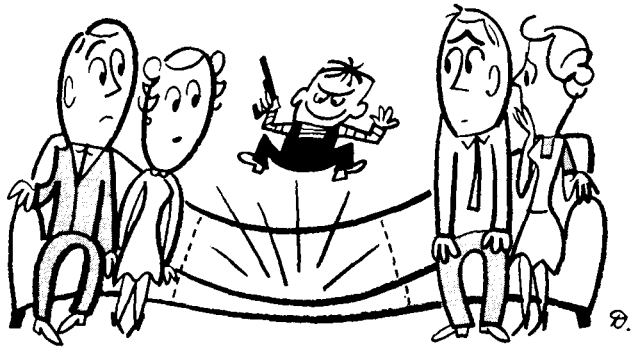
He loved stories and one-liners, loved to do accents; his humor was sometimes racy, but never around ladies. And there was a knowing quality, an edge.

The day before he went into the hospital for an operation, he met with the Vice President for their weekly lunch. The doctors would, the next day, insert tubes into various parts of his body to make sure everything looked as it should. This caused an unusual problem for the networks. The President's organs of reproduction were involved in the procedure—should they be portrayed in the graphics? Drawn or not? And if yes, well . . . well, as a producer said at one of the evening news planning sessions, proportion becomes an issue. Presidential size full view? If it's not big, is that an editorial statement? An unintended slight, yet more proof of liberal bias?

Each news show handled the problem in its own way. Most used a variation on a drawing of an adult male's intestines, and a tube being sneaked into the lower intestine from—well, from somewhere or other something.

But one news show used a drawing that was somewhat more realistic, showing the tube running through what it would really run through. To avoid the question of proportion not to mention taste, the drew only a small portion of the organ.

It happened that the President saw the graphi



The Perfect Squelch

Mr. and Mrs. Winters, who had four well-behaved children, were visiting the Grahams, who had one child, a three-year-old terror named Tommy. When the Winterses arrived at eight in the evening, Tommy greeted them with a burst from his water pistol. As the evening wore on, he jumped on and off the davenport, upset glasses, interrupted conversations, and generally made the Winterses wish they were elsewhere.

Tommy's parents seemed more bewildered than irritated by their son's behavior. Their only efforts to control him were a few feeble urgings for him to be quiet.

Finally, as the clock struck 11, Mr. Graham shook his head. "You know," he said in a puzzled tone, "that child just never seems to get sleepy."

"Have you," Mr. Winters asked mildly, "ever tried putting him to bed?"

—Helen Ivanhoe

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on television. Later, at their weekly lunch, he mentioned it to the Vice President and deadpanned, "Gee, George, they didn't tell me they were going to cut it off—maybe I better think twice."

Bush started laughing and couldn't stop. The rest of the day he'd chuckle at odd moments, and when pressed he'd say, "Reagan," and laugh more. He loved Reagan.

Like Lincoln, Reagan was occasionally reviled for his penchant for jokes and stories, but only by the intelligentsia. Normal people liked it fine. Newspapers and magazines ran his joke of the week; the *Washington Post* had a Reagan joke file. It was like the profusion of paper booklets produced when Lincoln was President, with such titles as "Abe's Jokes—Fresh from Abraham's Bosom" and "Old Abe's Jokes, or, Wit and Wisdom at the White House."

Because Ronald Reagan was so open and sweet-tempered, people tended to expect his humor to be broad and sweet, and since that's what they expected that's what they saw. But there was a genial blackness to his humor. He always liked those stories about the guy who says to his friend, "I'm sorry to hear your wife ran off with the gardener," and the friend says, "That's all right, I was going to fire him anyway."

He used humor to illustrate a point, defuse a moment, clinch a deal. Once a Republican senator, who was trying to convince the President of his loyalty in spite of his refusal to back the White House on a difficult vote, said, 'Sir, I'd jump out of a plane without a parachute if you said jump, but—" and Reagan leaned forward and said, 'Jump!"

The senator changed his vote.

Robert Schuller

continued from page 53

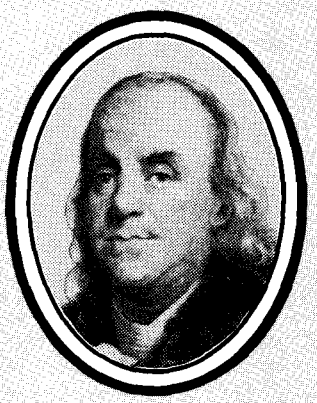
life filled with love has a sweet something to offer to others who thirst for his life-giving nourishment. And in giving we enjoy a burst of new self-worth. *I'm important to someone after all!* I have something precious to give to somebody who has a great emptiness, hungering for fulfillment.

Remember: the deepest need is the need to be needed.

God loves us enough to say to us, Thou shalt not commit adultery." This commandment is God's way of

Another Great Discovery

While Benjamin Franklin was Ambassador to France in the 1780s, he agreed with a young physician from Leipzig, Samuel Hahnemann, that medicine should do no harm. Hahnemann became the Father of Modern Medicine and the Founder of Homoeopathy.



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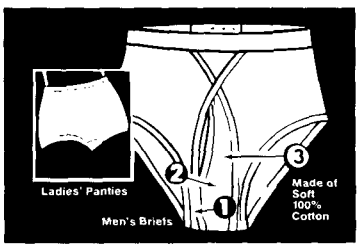

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saying, "I love you, and I don't want to see you get hurt."

This is a *command meant* to be a key that opens the door marked, "Sex can be beautiful." God created every human being with an appetite for food and an appetite for sex. And both are meant for great personal fulfillment and enjoyment.

There was a soldier whose parents were members of my church until they passed away. This soldier became something of a national celebrity during WWII when he was on an aircraft carrier in the Coral Sea. In the midst of a terrible battle, he was on deck when an explosive 20-mm shell from a strafing Japanese plane went through his chest into his stomach and lodged in his hip without exploding. They didn't know what to do with him. With the slightest movement, the bomb could have gone off and killed everyone around him.

They hung a tag around his wrist that said, "Caution—live bomb!"

He was then strapped to a cot strung on a cable and was moved from his ship to a hospital ship across stormy waves. Then he was transported to New Caledonia, and two weeks later, surgery was performed. When they safely extricated the 20-mm shell from his body, they shot it through a piece of tissue paper. When it hit the tissue paper it exploded. For two weeks, he had indeed been a living bomb.

Psychiatrists, psychologists, anthropologists, and theologians all know that the potentially explosive power of the human sex urge is incredible. Its ramifications are reflected in creativity or lack of creativity, in civility or incivility, in antisocial behavior or in constructive behavior. The question is, How will you handle this living bomb that is in you and in every human being?

There are basically three ways, you see, to handle the sex urge. *The first method is to repress it*, to deny its existence. That was the overriding inclination during the extremely puritanical period in American life. Of course, this is not a problem that we have today.

About 30 years ago there was almost a neurotic repression, and you couldn't even mention the word *sex* in mixed circles. Today the pendulum has swung to the opposite point: the strategy now is, "Don't repress it; *just release it*." But release without certain moral restraints, we are discovering, is very dangerous, even deadly. It's like saying, "Let the river flow; forget about the dikes; banks aren't necessary; give the waters natural flow."

How should you handle this great God-given urge? Should you release it? Yes, *if* it's truly Safe Sex. Yes, but make sure you understand the controls dictated by healthy morality. *Restraint*, not repression, is the best way to handle sexuality. ✠

You be the Judge

by Sarah Morris

Queenie, an Indian woman, fell in love with a white man. They married and went to live on the Indian reservation where Queenie owned land. Soon, however, her husband received a written order, signed by the three tribal chiefs, saying in effect, "Paleface, go home." The tribe sought the help of the district attorney to enforce its demand.

"As the husband is not a member of this tribe, he is, according to the state law governing the reservation, an intruder," the district attorney argued in behalf of the Indians. "Therefore he must move off the reservation."

"A husband is not an intruder on land owned by his wife," the husband's lawyer maintained. "As an Indian woman has a right to marry a white man, she should also be entitled to live on her own land with him. It is the policy of the law to encourage husbands and wives to live together."

If you were the judge, would you let the paleface hubby stay on the reservation?

Get out, the court ordered. It ruled that marriage did not give white persons the right to live on Indian reservations under New York State law. The law, it said, represents longstanding public policy to preserve the identity and distinctiveness of the tribes, and to let white spouses stay on reservations would run counter to that policy.

(Based upon a 1954 New York decision.)

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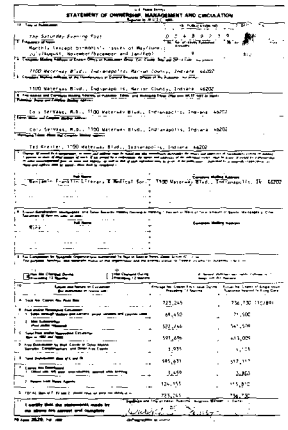
WHERE DO YOU THINK YOU ARE?

(Answers from page 106)

(Theme: Indian tribes)

1. Miami, Fla.
2. San Juan Pueblo, N. M.
3. Apache Jct., Ariz.
4. Cheyenne Wells, Colo.
5. Pueblo, Colo.
6. Shoshone, Idah
7. Winnebago, Ill.
8. Shawnee, Kan.
9. Cherokee, Iowa



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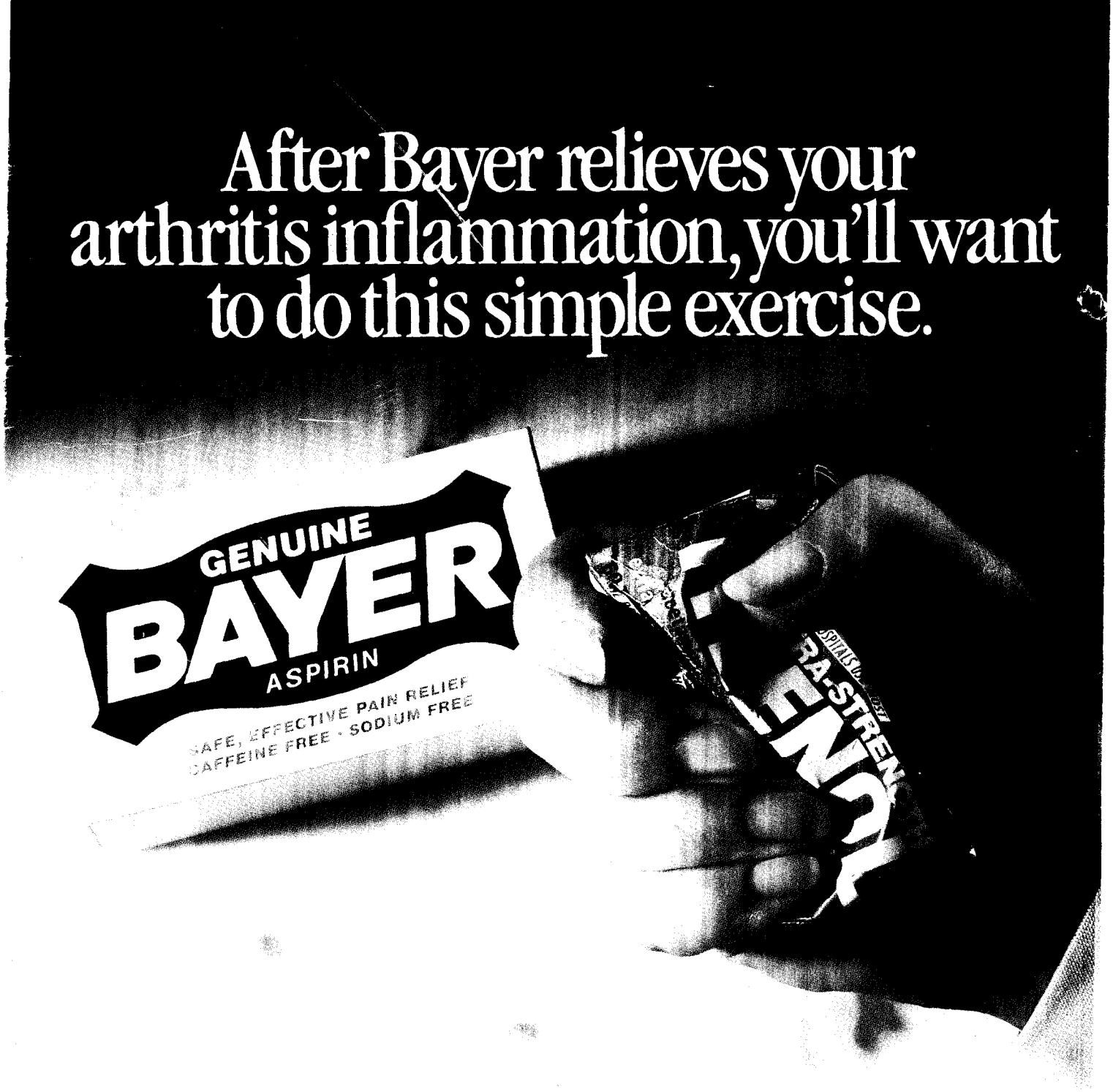
After Bayer relieves your arthritis inflammation, you'll want to do this simple exercise.



Bayer® Relief for the inflammation Tylenol can't touch.

There's a painful truth about Tylenol®: although it relieves minor pain, Tylenol is powerless against the arthritis inflammation that's a major cause of stiffness and swelling. For that, you need Bayer® Aspirin. Bayer relieves minor arthritis pain *and*, taken regularly, reduces the inflammation Tylenol simply can't touch. Which means Genuine BAYER,® Maximum BAYER,® and 8-Hour BAYER® can give you a level of relief Tylenol just can't offer. So when arthritis inflammation flares up, remember Bayer Aspirin. Anything less would be an exercise in futility.

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Read and follow label directions. If pain persists for more than 10 days, consult a physician immediately.

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